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YOUR SOUL**

**OUR BEST
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RECIPES**

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TOPPED
TURKEY
POT PIES
p. 60

**Classic
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Ina Garten
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PHOTOS: (GARDEN) HECTOR SANCHEZ, (PIE) BLAINE MOATS, (ROOM) ADAM ALBRIGHT, (TULIPS) GAP PHOTOS/LYNN KEDDIE
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EDITOR'S LETTER



hand-me-DOWNS

I knew her. She wasn't what I'd call a fun grandma. She was always Grandmother—reserved, poised, but with a humble gentleness that belied the fact that she had held her family together (a husband and four football-playing sons) even when they lost their North Texas farm for a few years during the Great Depression. My dad always treated her with the utmost respect and deference, and he often reminisced about her cooking.

Many of the favorite dishes my mom made for us—steak fingers with cream gravy, black-eyed peas, fried okra salad, strawberry cream pie—were hand-me-down recipes written in Clarice's hand on the back of church attendance cards or piano recital programs.

For those of you who are lucky enough to still enjoy close, long-term relationships with grandparents, this past year has likely made you treasure them even more—even if it has been difficult to see them, eat with them, or hug them. Our elders, even years after they've passed, are the binders that hold us all together.

It doesn't matter if she's a Scots-derived grandmother like mine, an abuela, a bubbe, a bibi, an oma, a nonna, or a memaw (see *p. 68*), grandmotherly traditions of comfort, guidance, teaching, and love come through the generations loud and clear. We hope you'll enjoy cooking from this issue full of comfort food recipes and time-honored techniques. You'll be making your grandma proud.

STEPHEN ORR,
Editor in Chief
instagram @steporr

When we were planning this, our annual food issue, I asked our editors what was trending for our readers. Without missing a beat, food editor Jan Miller replied, "Grandmothers." I got it immediately. During troubled times, the word evokes memories of warmth, comfort, and a longing for simplicity—especially when so many are missing spending quality time with elderly relatives during the pandemic.

Not having my grandparents around very long as a child, I understand that longing. By my early teens, all four of them had passed. I mainly remember my paternal grandmother, Clarice, who lived with us for a while when I was around 6 or 7. I've written about her here before, about her famous dinner rolls and her cast-iron pan I still treasure. I carry strong memories of getting up when it was pitch-dark and walking downstairs, dragging my blanket alongside me. I knew where to find her: baking in the kitchen, standing under one lone light with a plait of thick silver hair running down below her waist.

She seemed to me like a visitor from a far-off time. Born in 1892, she was in her 80s by the time

My grandmother Clarice baking cinnamon rolls in the early 1970s and standing with my grandfather William in their North Texas wheat field.



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bhg.com / what's trending online



REIMAGINE YOUR YARD

Outdoor spaces are more important than ever—as getaways, entertaining spots, and creative outlets. Our updated garden plans hub is full of the inspiration and tools you need to make your yard an oasis.

[BHG.com/GardenPlans](https://www.bhg.com/gardenplans)

[SWEEPSTAKES]

Win
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to design the kitchen of your dreams. Enter at [BHG.com/25kWin](https://www.bhg.com/25kWin) for a chance to win. Details on page 111.

Storage Solutions

Check out 16 creative ways to maximize storage in your living room. Repurpose a bedroom dresser as an entertainment center, make your coffee table work harder, or DIY a stylish table skirt to hide the clutter.

[BHG.com/StorageFurniture](https://www.bhg.com/storagefurniture)



PHOTOS: (GARDEN) MARION BRENNER, (LIVING ROOM) ANNIE SCHLECHTER

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SHAPES**



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*Three grams of soluble fiber daily from whole grain oat foods, like Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Cheerios cereal provides 1 gram per serving. Other flavors provide .75 grams per serving.

HOLIDAYS SWEET LUCK

St. Patrick's Day might not be a major holiday—call it a “small-iday,” if you will—but that doesn’t mean it’s not worth celebrating full tilt. If you can’t decide between a pint of stout and a sweet treat, consider these cupcakes: A cup of Guinness plays up the fudgy chocolate flavor, and a splash of Irish cream liqueur spikes the caramel buttercream. (For kiddos, swap in a caramel-flavor coffee creamer instead.)

SURPRISE INSIDE

Hollow out a cavity in each cupcake to hold a cache of sprinkles.

RECIPE
ON
PAGE 103.



POT O' GOLD GUINNESS CHOCOLATE CUPCAKES After baking, use the large end of a pastry tip or a melon baller to remove a plug of cake, and fill with festive sprinkles (a ready-made blend or your combo of green jimmies, nonpareils, and decorating sugars). Cover the hole with a bit of the removed cake, frost (we used a large star piping tip), and finish with decorating sugar.

► Hover your smartphone camera over the code at *right* to watch a how-to video of this recipe.





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MEAL PREP MASTERY

In this month's Book Club, three of our editors explore new books to help you plan and serve delicious dinners that come together quickly any night of the week.



THE FULL PLATE
by Ayesha Curry
\$30;
readvoracious.com

Like a lot of us, Ayesha Curry's plate is indeed full. Three kids; four international restaurants; a new lifestyle magazine, *Sweet July* (published by our parent company, Meredith); and as she puts it in the introduction to her latest book, a desire "to nurture her family through food." And that's where she's coming from in the subtitle's promise:



Flavor-Filled, Easy Recipes for Families with No Time and a Lot to Do.

While people might reasonably argue about whether all the recipes are easy or quick in their family's particular circumstances (the struggle is real and varied), what Curry delivers without fail is big-time flavor. Her recipes feature surprisingly simple ways to pump up and change up the flavor equation, making often familiar dishes taste new and exciting.

If you like to cook but the slog has made you feel dull, this book might be the creative jump-start you need. My whole family loved Curry's upgraded

I appreciate that Curry's approach to getting family dinners on the table celebrates time together (and includes a stiff drink for the parents).

OMA FORD,
executive editor



version of the take-out favorite Pepper Steak. She makes a basic sheet-pan chicken and zucchini dish unexpectedly fabulous thanks to a combo of sweet paprika, brown sugar, coriander, and allspice. And though cabbage is far from a hard-sell in our house—we already like it in a myriad of forms—I have to say Curry's incredibly easy five-ingredient sautéed red cabbage made me feel like a kitchen magician. Do *not* underestimate the power of butter, garlic, and especially whole cumin seeds. Trust me—it's worth putting these on your grocery list if they aren't already in your pantry.

—Oma Ford



Clockwise from top right: The kitchen is a creative outlet for Ayesha Curry (with son Canon Jack). Black Pepper Steak. Sheet Pan Paprika Chicken. Mushroom Tacos with Avocado Crema.



spring refresh

Pick up Ayesha Curry's spring issue for a guide to meal prepping like a pro, beauty and wellness tips, Changemaker Awards, and chic, sustainable buys. Purchase at newsstands or *magazine* .store/SweetJuly by hovering your smartphone camera here.





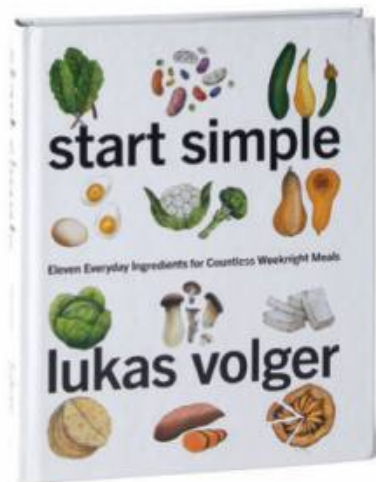
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Good food, Good life



START SIMPLE
by Lukas Volger
\$33; harpercollins.com

As the resident Health Nut at BH&G, I am always on a quest to help everyone around me—friends, family, coworkers, strangers who ask for advice—eat better. Healthy eating can pretty much be boiled down to eating mostly plant-based foods. Research shows eating a plant-based diet can help prevent heart disease, cancer, and loads of other health problems.

Now, I realize eating vegetarian or vegan may sound

complicated to some people. That is where Lukas Volger's cookbook *Start Simple* comes in. He shows how to create multiple vegetarian meals from 11 basic ingredients, which is great news to me because I'm a pretty basic cook and don't like to spend a ton of time on shopping and prep.

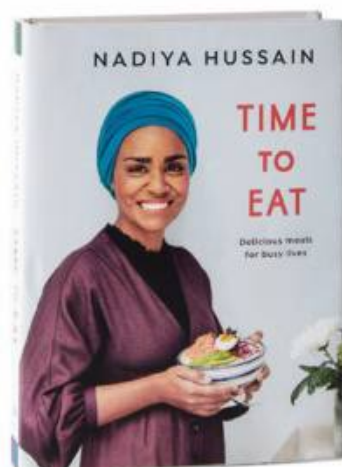
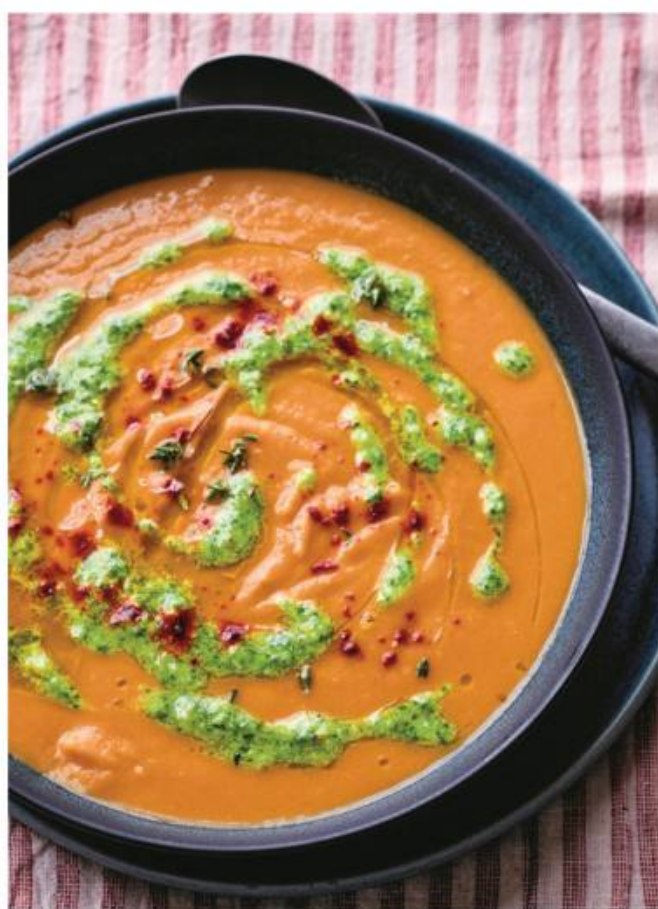
My husband and son eat meat regularly, so I chose a variation on our (usually beef) taco Tuesday meal: Bean Tacos with Lime Slaw. The ingredients—canned beans, tortillas—are readily available and don't require much prep time. (A perk for my husband, who does a lot of our meal prep and likes to follow recipes to the letter.)

The verdict? Delicious, easy, and we didn't miss the meat. The spices—cayenne, cumin, and paprika—gave the beans a depth of flavor that satisfied everyone, and they tasted even better for a quick lunch on the second and third days.

—Amy Brightfield

“An entire book focusing on 11 ingredients? Now that shows just how versatile veggies really are.”
AMY BRIGHTFIELD,
health editor

»
Clockwise from far right: Nadiya Hussain dressing coleslaw. Instant Noodles. Sweet Potato and Goat Cheese Soup. Tandoori Oven Chicken with Rice.



TIME TO EAT
by Nadiya Hussain
\$30; penguinrandomhouse.com

Tell me I'm not alone: Working from home means an on-time dinner is nearly impossible. I don't know why. So when Nadiya Hussain's *Time to Eat* came across our desks, I called dibs. She had me from the first page: “All you need is a willingness to change how you cook a little and to make a little freezer space.”

Each recipe comes with the kind of insider tips you'd figure out if you made the dish a few times: What can be made ahead, doubled and frozen, or repurposed in something entirely different tomorrow (or next month).

My personal culinary wrinkle is a house full of specific needs. I'm a vegan, with a vegetarian husband and meat-eating toddler to plan for, so Hussain's Instant Noodles spoke to me. She not only has four different ingredient combos (I made two variations: the Chicken and Pea and the Soy Mushroom) but also suggests storing individual portions in jars, a grab-and-go time-saver I readily embraced.

Refrigerate, then add boiling water when the time is right. My future self sends thanks for Hussain's tip to make lots of extra spice paste.

—Katy Kiick Condon ■



“OK, now I know why dinner was so hard. I was making it that way.”
KATY KICK CONDON,
home editor



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"This is a great example of how you can use colors that are vibrant but don't read as jarring."

ANN LOWENGART, DESIGNER



4

MUNTIN PAINTING TIP
Instead of tape, use a product like Masking Liquid H2O on the glass.

1

2

3

« Vinyl upholstery—Kravet's Gato in chrome yellow—forgives spills.

SUNNY SIDE

Designer **Ann Lowengart** shares her layer-it-on strategy for using a strong accent color.

1

FOUNDATION

White walls (Benjamin Moore Simply White) and wood floors flow from the kitchen into the breakfast nook. Thanks to the neutral backdrop, bold colors don't overwhelm.

2

PRIMARY COLOR

The pure primary yellow is the exact shade of her client's favorite teapot. "It made her happy every time she saw it, so I took it as a sign," Lowengart says.

3

BROAD STROKES

Lowengart used solid yellow for the banquette cushions to define the area. Although bright, the upholstery created a stable base for accents.

4

DETAILS

Splashes of yellow on the window woodwork, pendant light, and chairs pull the color around the room. Green (yellow's neighbor on the color wheel) shows up in patterned fabrics. ■

BunnyLand



We're not here
for a photo



The best holiday for chocolate.



Depending on who you ask.

GOT A QUESTION?
Send it to the editors at Ask.BHG@meredith.com, and you may see the answer here in a future issue.



“With everyone at home all the time (making messes), I need a more efficient cleaning routine.”

LESLIE,
New Jersey

Work basic cleaning tasks into the daily schedule, prioritize the big jobs, and get everyone on board.

■ **CONTROL THE MESS**

Reduce what gets dirty by leaving shoes at the door, limiting food to the kitchen and dining room, and assigning craft projects to one spot.

■ **SNEAK IT IN**

Spruce up as you go, making cleanup an extension of your usual activities. For example, squeegee the shower stall at the end of a shower.

Wipe the faucet, sink, and countertop after you brush your teeth, and wash wastebaskets whenever you take out the trash.

■ **ENLIST THE TROOPS**

Everyone in the house can help, even young children. Make household chores as much a part of the daily family routine as meals and activities rather than a dreaded, “do we have to” task.

■ **GO ROOM BY ROOM**

This approach lets you work around

schedules logically. The best time to dust and vacuum the home office might be the weekend. Scouring the kitchen requires the biggest block of time between meals.

■ **HIT YOUR GOAL**

You don’t have to cover the complete checklist every week. Focus on the tasks that you find make the biggest difference (say, sweeping floors or wiping down the bathroom) and be satisfied with calling anything else a bonus.

SWIPE RIGHT

Washing the windows is a good spring cleaning job for the family. And clean windows will make the whole house look cleaner. Here’s what you’ll need.

1

A CLOUDY DAY

Sunlight dries window cleaners too quickly.

2

PREP TIME

Wipe dirt and cobwebs off windows with a wet cloth to reduce grimy smears.

3

A SYSTEM

One person works inside, wiping windows horizontally; another wipes outside vertically. That way you’ll know which side the dirt or streaks are on.

4

THE RIGHT TOOLS

Use a microfiber cloth with a glass cleaner or equal parts white vinegar and water. Find a ladder you feel comfortable on. Got a window you’d have to reach for? Leave it to the pros. ■



SPRING SCHEDULE

Our 30-Day Cleaning Challenge will help you tackle spring cleaning in a few minutes each day. Hover your phone camera here.



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WHO WAS JENNY LIND?

You may have heard of her namesake bed (see No. 6, below).

But who was she? Lind was a Swedish opera singer and a stylemaker of her times. Her sold-out performances during her 1850s American tour caused such a stir that towns, soups, and the bed style she preferred were named after her.

Jenny Lind beds feature curved head- and footboards and turned wood spindles.

TURNUED WOOD

Shaping wood into sculptural curves and grooves is an old craft, but candy colors and unexpected finishes make the look brand-new.

1 ANDREY DESK

At 24" deep and 42" long, this delicate-looking desk has enough surface area to handle any task. \$208; wayfair.com

2 WILLOW TALL SIDE TABLE

An unusual height (34½" tall to be exact) increases this folk-inspired piece's

versatility. Imagine it as a plant stand, entryway pedestal, or tubside perch. \$159; urbanoutfitters.com

3 WOOD TURNED TOOTHPICK HOLDER

Artisan team Shane and Lacey Fiorelli hand-turn wood accessories in their Nebraska

studio. Pick a custom or natural finish. \$20; fiorell creations.etsy.com

4 TURNED ACCENT LAMP BASE

The petite silhouette lights up any room. Better Homes & Gardens Collection®, 13½" base in Teal, \$17 (shade sold separately); walmart.com/BHG

5 ENAMEL COATED CANDLEHOLDERS

Shiny enamel means your candles sparkle a bit more. Emerald Green \$45, Orange \$35; ricebyrice.us

6 JENNY LIND PEACOCK TWIN BED

A kid-size bed that

you'll want to steal for yourself. (Lucky for you it comes in larger sizes.) \$549 for twin; crateandbarrel.com

7 ROUND WOOD MARBLE CAKE STAND

Elevate your favorite baked goods with the elegant combo of wood and marble. \$30; baileystreethome.com ■

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beauty

OIL
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TONER
Here's an oil-free, vegan option certified by Leaping Bunny.



SERUM
You can find vitamin C in many types of formulas, but serums tend to be the most potent.



SOLUTIONS BRIGHTER SKIN AHEAD

Not sure what to do about dark spots or other discoloration that never seems to fade? The path to a brighter, more even complexion starts with powerful skincare. An important component of a brightening skincare routine is vitamin C, says Chicago dermatologist Caroline Robinson, M.D. But don't stop there! She notes that "any routine attempting to address hyperpigmentation has to do so from multiple angles." Keep reading to learn exactly what the right steps entail.



VITAMIN FORTIFIED Your routine should include one vitamin C product applied after cleansing in the morning (and always topped with sunscreen). ■ **Lumene Nordic-C Arctic Berry Oil-Cocktail** \$25; [target.com](https://www.target.com) ■ **Sweet Chef Ginger & Vitamin C Bright Spot Tonic** is part treatment, part toner. \$18; [target.com](https://www.target.com) ■ **La Roche-Posay 10% Pure Vitamin C Serum** also contains smoothing salicylic acid. \$40; [laroche-posay.com](https://www.laroche-posay.com) ■ With 20 percent vitamin C, a little of this powerful, silky serum goes a long way. **BeautyStat Universal C Skin Refiner** \$80; [beautystat.com](https://www.beautystat.com) ■ **My Payot Radiance New Glow** jump-starts glowy skin goals. \$36; [us.payot.com](https://www.us.payot.com)



“Watching my daughter grow has made me more proud of my stretch marks.”

Dominique



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3 steps to BRIGHTER SKIN



2 SLOW the PROCESS

Vitamin C interrupts the formation of dark spots in two ways. As an antioxidant, it fights free radicals that can cause inflammation. It also blocks tyrosinase, a key enzyme in the pigment production process. Try **Garnier Green Labs Pinea-C Brightening Serum SPF 30** (\$22; garnierusa.com).

1 PREVENT the PIGMENT

Melanin is the pigment that gives skin its color; the more melanin, the darker the skin tone. Though pigment-producing cells constantly create the proper amount of melanin needed to maintain a given skin tone, inflammation can trigger an abnormal, excessive amount of melanin that leads to dark spots. "It's how the body heals," says New York City dermatologist Rachel Nazarian, M.D. When the inflammatory effect happens, melanin doesn't settle within cells the way it would with a fast-fading tan. Rather,

this excess melanin settles into deposits around skin cells in the inflamed area, where the pigment takes much longer to fade.

Sunlight, pollution, blue light from device screens, and any injury—be it a pimple or a scratch—are among the factors that can inflame skin and lead to dark spots. People with naturally deeper skin tones develop dark spots more easily due to the higher content of melanin, Robinson says.

Sun exposure causes hyperpigmentation in another way. The skin naturally dials up pigment production in an attempt to protect itself from UV radiation. "The

immediate effect is a tan, which is actually a sign of sun damage and greatly increases your risk of skin cancer," Robinson says. The long-term effect? Dark spots and uneven skin tone.

Fortunately prevention is straightforward: Use sunscreen daily. Robinson recommends a mineral formula, which blocks both sunlight and blue light from electronic devices, with a minimum of SPF 30 every morning to finish your skincare routine.



TRY
Cocokind
Daily SPF
Facial
Sunscreen
Lotion SPF
32, \$24;
cocokind.com



[PRO TIP] skip the scrub

Exfoliating with a scrub can potentially trigger more hyperpigmentation if it's used with too much pressure or friction, Nazarian says. Instead, use a chemical exfoliant once a week. It gently loosens the bonds between dead skin cells and sloughs the top layer of skin. Try **Bioré Brightening Clay Mask** (\$7; target.com).

3 FADE the PIGMENT

Once dark spots have formed, gently exfoliating the excess pigment can help even skin tone. Retinol, a form of vitamin A, works well for this by regulating the rate at which

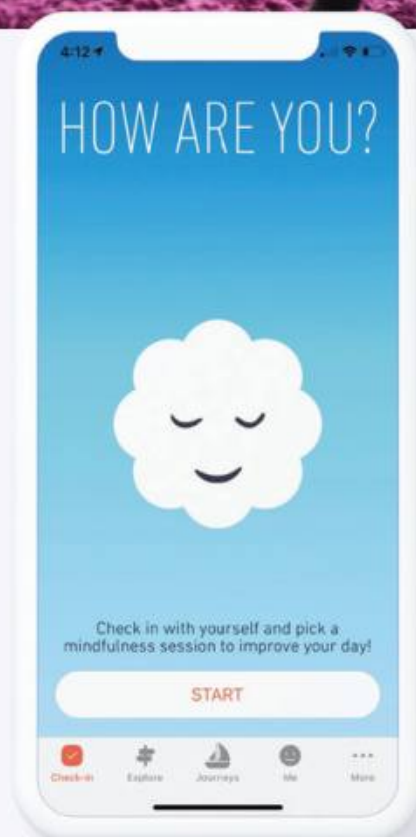
old skin cells flake off and new ones take their place. "Skin cells turn over every 28 days or so. With retinol, you're speeding that up," Robinson says. Look for a formula pairing it with niacinamide, a form of vitamin B that calms inflammation and offsets dryness (a common side effect of retinol). Apply twice a week at night and gradually increase your frequency.



← **TRY Melē Even Dark Spot Control Serum** \$24; target.com or **Olay Regenerist Retinol24 Max Night Moisturizer** \$33; olay.com ■

6:20 am — Tired
7:20 am — Caring
2:45 pm — Happy
3:46 pm — Worried
4:21 pm — Relieved

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Discover the forest

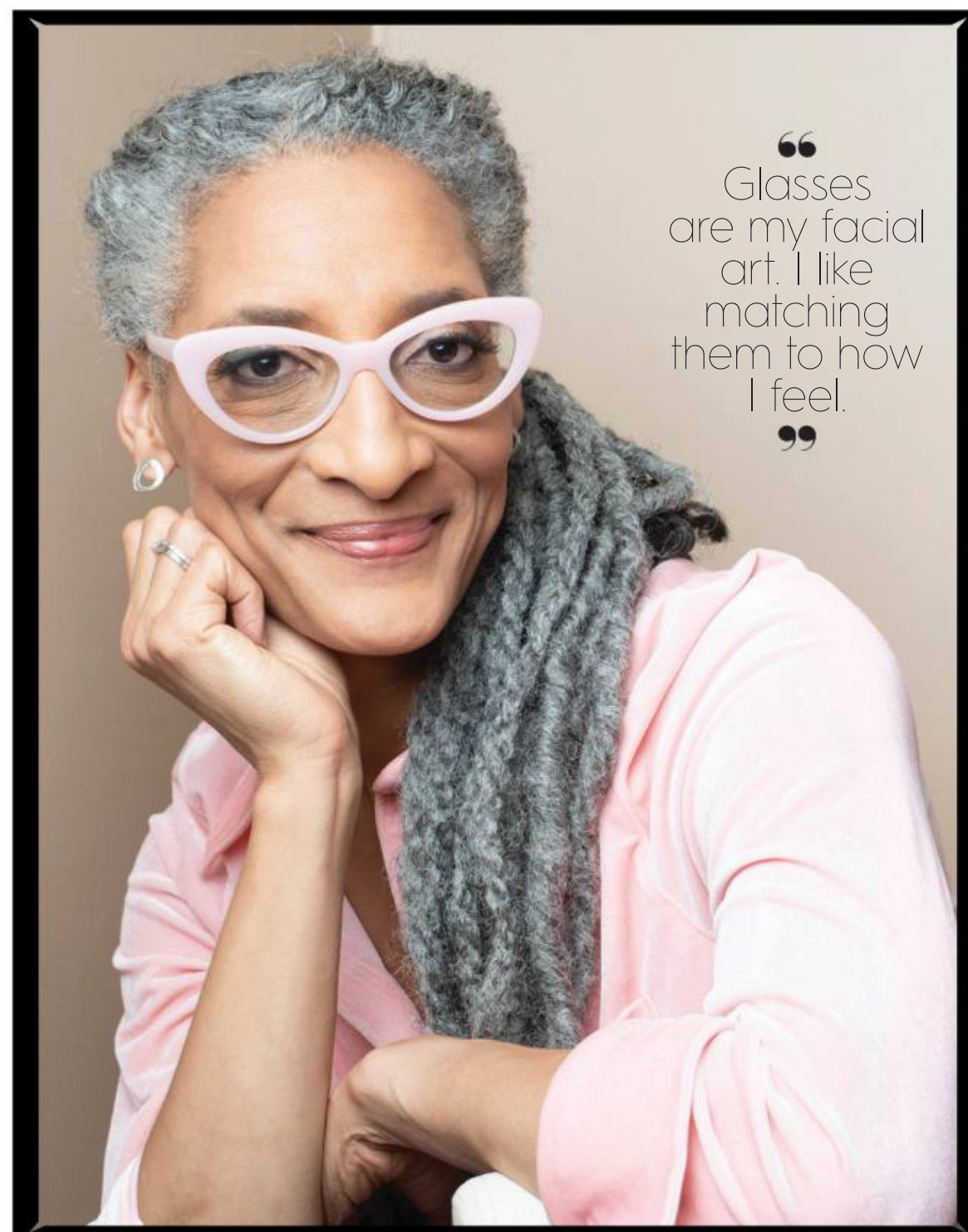


Find a trail near you at
DiscoverTheForest.org



role model CARLA HALL

She's a *Top Chef* fave, Food Network host, queen of fashion-statement glasses, and curly-hairstyle chameleon who plays by her own beauty rules and always makes us smile.



“Glasses are my facial art. I like matching them to how I feel.”

Instagram for makeup techniques. She's a great teacher.”

TURNING POINT

EMBRACING GRAY

A self-described get-up-and-go girl, Carla decided to stop coloring her hair when the upkeep got to be too much—a rebel move for her career at the time. “But I noticed that the texture changes because gray hair is drier, so now it's all about moisturizing.”

LESSONS LEARNED

EARLY INVESTOR

A model in her 20s, Carla credits her still-radiant complexion to lifelong habits like

anything that doesn't use heat on my hair.” Leave-in treatments and shampoos to prevent breakage and buildup are essential for curl TLC. “A lot of people think Black hair is strong as steel wool, but actually it's really fragile.”

MINIMAL MAKEUP

“I never want to not look like myself in makeup. The thing is, I want to feel comfortable in my skin with my makeup,” Carla says. Key to her natural look: mineral foundation from Cover FX and makeup artist Jacque Mgido's cosmetic line. “Her brow and lip game is the bomb! I also love her

regular facials and skincare. “I've invested in my skin,” she says. “I never go to bed with makeup on ever. Ever. I don't care how tired I am. If I lie down and I fall asleep, I will wake up and wash my face.” (Virgin coconut oil is her go-to makeup remover.)

FITNESS GOALS

Carla's Recess breaks on Instagram bring fun and inspiration to her own routine and her 400K-plus followers. “I can't just work out. I have to be working toward something,” she says. Her latest motivator? Training for a bodybuilding competition. ■

Goddess Herbals Lemongrass Tea Treatment hydrates and refreshes curls.

\$20; goddessherbals.shop

“This leave-in spray makes my hair feel so good.”



Carla uses a weekly detox shampoo like SheaMoisture African Black Soap Shampoo. \$10; target.com



“This is such a perfect shade match that I carry it with me to set.”

Cover FX Pressed Mineral Foundation in G70, \$38; coverfx.com

“When you get to menopause, it's all about giving your skin moisture, antioxidants, and clean ingredients.”



Naturopathica Carrot Seed Soothing Facial Oil, \$64; naturopathica.com



COLOR
**APPLE
GREENS**

Decorators often style countertops with a bowl of Granny Smiths because their cheerful color freshens a room while evoking a sense of comfort. When you paint walls saturated green with mustard yellow undertones, they become a warm backdrop to lounging. “It’s cozier than cool green,” says designer Iantha Carley, who suggests pulling in multiple shades as you’d see in nature.

STYLING: JESSICA THOMAS

LET'S END



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Spring Green
enamel shades,
\$180; sazerac
stitches.com



PILLOW
Lime Green Velvet
Lumbar with Greek Key
Trim, \$62; theresemarie
designs.etsy.com



DECORATING A VIBRANT GREEN ROOM

with neutral pieces and lots of texture makes this intense wall color approachable. Maryland-based designer Iantha Carley says the supporting elements are key.

■ **FURNITURE** "Bold color on the walls is a lot of stimulation. The furnishings are the next biggest thing in the room, so using a more neutral palette gives the eye a break," she says.

■ **PATTERN** A large print is the great unifier. Here, the drapery contains the room's greens, creams, and wood tones without matching exactly. "The fabric has gray greens and olive greens. As long as they're all green, it works."

■ **TEXTURE** Carley pulled tones from the wall color in different materials for richness: glazed emerald Foo dogs, olive tweed ottomans, woven wicker blinds, and brassy bookcases that accentuate the wall's yellow undertone.

GREEN BOOSTERS

Once you've laid a foundation of green walls and neutral furniture, you can bring in zingy accessories. These strong accent colors complement shades of apple green.



RASPBERRY

Try throw pillows in this cabernet tone. It's a deeper shade of red, green's color wheel opposite.

TOP Lazy Lizard P350-7

BOTTOM Rumors MQ1-15 (Behr)



TEAL

Apple green pairs well with blue when it has equally warm undertones. Try teal artwork.

TOP Asparagus PPG1222-6

BOTTOM Azure Tide PPG1231-6 (PPG)



GOLDENROD

Like yellow flowers in a meadow, golden accessories are a trusted companion to green. **TOP** Far From Shy 16-15 **BOTTOM** Premium Yellow 14-15 (Pratt & Lambert) ■



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Get a “new” kitchen without tearing out walls or all your cabinets. These problem-solving face-lifts will teach you

HOW TO MAKE YOUR KITCHEN...

MORE MODERN • MORE OPEN • MORE ORGANIZED



MORE MODERN

Maria Hawilo and Konrad Schlater’s kitchen felt too dark and too traditional. “We wanted something that was much lighter and more playful,” Konrad says. But an overhaul wasn’t in the budget. Instead, they focused on a few impactful moves that didn’t require changing the layout.

■ CHOOSE A FRESH COLOR

At interior designer SuzAnn Kletzien’s suggestion, the couple had the cabinets painted Benjamin Moore’s Heaven on Earth. “It’s not something you see every day,” Konrad says.

BEFORE



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COLOR UPDATE

“Simply painting the cabinets really made a world of difference.”

SUZANN KLETZIEN,
designer

■ LOSE VISUAL WEIGHT

On the cooktop wall, Kletzien replaced wall cabinets with floating wood shelves to open the space and create a spot to display decorative accessories. Other load lifters: switching the stainless-steel hood for a white plaster one and swapping the island's granite counter with one in white quartz.

■ GO BOLD WITH TILE

Moroccan tiles go to the ceiling for a concentration of graphic pattern. To give the tile shape more distinction, Kletzien chose grout in a dark color similar to the original granite counters.



COOL TRICKS

Refrigerator shopping? Look for these leading-edge features you'll appreciate every day.

» DELUXE DISPENSERS

Program this refrigerator (B36CD50SNS, \$2,999; bosch-home.com/us), left, to fill a water bottle with a specific amount of water. It also makes up to 12 pounds of ice a day.

» FLEXIBLE STORAGE

You'll find shelves that slide out for access to the back or adjust to accommodate tall items, movable shelves that hang from a bar, and crisper drawers that can be stacked.

» ADVANCED CONTROLS

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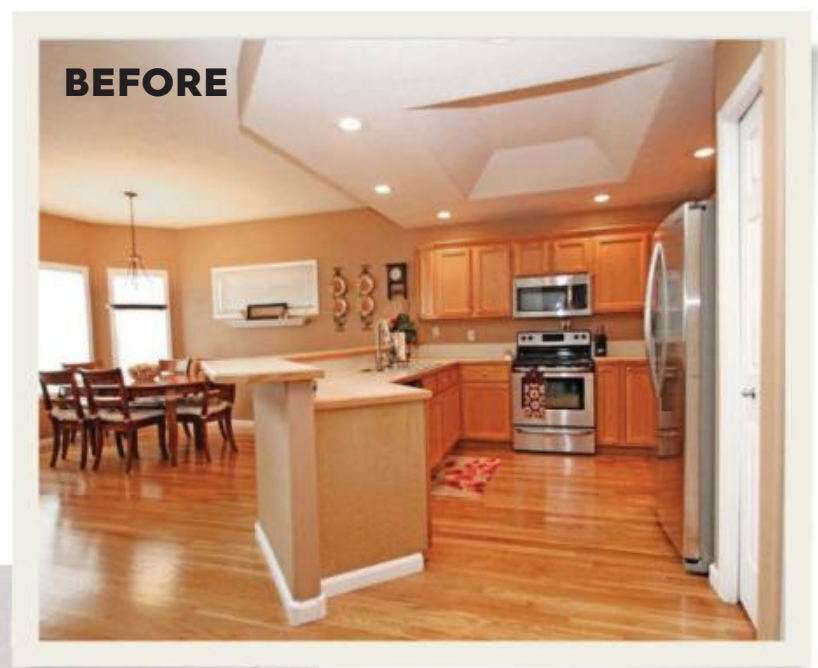
*As compared to a Bosch refrigerator without FarmFresh System™. Results may vary among different foods.

**Individual results vary depending on type, initial freshness and proper storage and use of food.

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2 MORE OPEN

Alex and Irina Mazhukhin had a relatable goal when they purchased their Boise home. “We wanted to take a classic ‘90s house and create a great-looking, unique one,” Irina says. The kitchen was their first big DIY project (now they post on Instagram: @mr.build_it and @mintandpinedesign), but their design vision and beginner’s luck helped turn their dark, dead-end kitchen into a light, airy space.



■ LIGHTEN EVERYTHING

Out with the orange. The couple replaced the flooring with a pale laminate and painted the walls white. The cabinet paint is a slightly deeper shade. “It changed the whole vibe,” Irina says.

■ FIX A BOTTLENECK

Alex tore out the peninsula with its high-top ledge and built a wide, counter-height island in its place. “It created walking room where there wasn’t any before,” Irina says.

■ CREATE A SUBTLE PATTERN

For interest without busyness, the couple chose a herringbone pattern with light gray grout for the backsplash. They wanted bigger tiles than off-the-shelf mesh-mount ones, so Alex installed $1\frac{3}{4} \times 7\frac{3}{4}$ -inch individual tiles.



↑
A countertop that's all one level maximizes space.

→
Backless stools slide out of the way to streamline the view.

[DESIGN GOAL]

“Before, the peninsula and cabinets created a dark, confined feeling. We wanted a more open concept.”

IRINA MAZHUKHIN



LET'S FIX
DINNER

1 in 9 Americans don't have access to a meal, which means dinnertime desperately needs our help. Reynolds is joining Feeding America® in the fight against hunger by helping provide two million meals* to families across the country.

Help the cause at feedingamerica.org



[STARTING POINT]

A streamlined kitchen comes from removing busy patterns and ornate accents.



■ EMBRACE OPEN SPACE

Instead of filling the space above the upper cabinets, Irina and Alex purposefully kept it empty. And because the cabinet and wall colors are so similar, the space blends in. For an uncluttered look with more storage, Alex suggests filling the space with matching cabinets.

■ AIM FOR VISUAL ORDER

Alex extended the wall cabinets with a set of open shelves that replaced a dated angled box. The shelves cap the backsplash and give the kitchen a squared-off edge.



PAINT POWER

“Painting the cabinets and adding lighter details make the whole space feel bigger.”

IRINA

➤➤ **DO IT YOURSELF OR HIRE A PROFESSIONAL?** If you're a beginner, do jobs you can master as you go, such as painting walls and installing cabinet hardware. For other projects, consider: ■ Safety. Hire a pro for electrical work and jobs requiring a ladder you don't own. ■ Property damage. Think twice about doing anything that could cause a leak you might not discover right away. ■ Tools. Do you want to buy, rent, or borrow? ■ Time. Remodeling only on weekends means you might be living in a work zone for an extended period.



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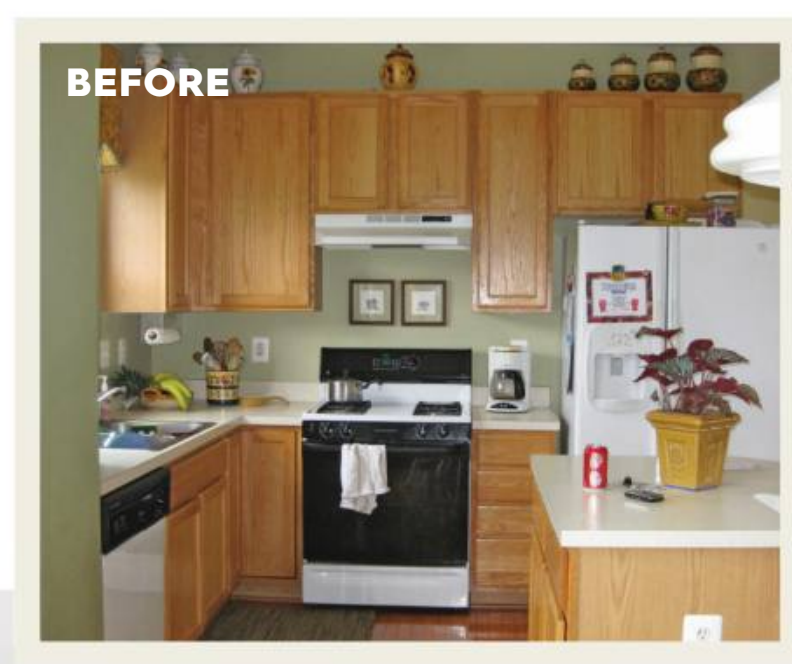
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3 MORE ORGANIZED

and solved her storage issues. Making minor changes to the existing cabinetry, Cristina, the self-taught remodeler behind the blog *Remodelando la Casa*, found ways to display her most attractive pieces and neatly hide the rest.

Cristina Garay's kitchen makeover addressed the room's dated look



New side panels and molding make the fridge look built-in.

REWORK CABINETS

After building the new range hood, Cristina revamped the dish cabinets by removing the doors, crafting a plate rack and decorative face frames, and painting them inside and out.

ENLARGE THE ISLAND

To store serving pieces, Cristina added open shelves (essentially a custom bookcase) to the end of the island, unifying them with molding and paint.



[STARTING POINT]

“Storage is about finding the problem and building the solution.”

CRISTINA GARAY

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STOW IT

No matter the size, every kitchen can benefit from these storage features.

VERTICAL DIVIDERS

In base or wall cabinets, dividers organize cookie sheets, muffin tins, and trays. Let your pieces determine the spacing, and you'll maximize every inch.

DRAWER ORGANIZERS

Customizable inserts or individual containers: The trick is to first pare down utensils, group them by function, then assign them a spot. Stragglers lead to junk drawers.

TRASH CAN SPACE

An out-of-sight can is an easy upgrade. Empty a convenient, hidden spot and buy a can that fits inside. ■

[TREND WATCH]

Kitchen designers are seeing interest in more pantry space to reduce grocery trips.

NATIONAL KITCHEN & BATH ASSOCIATION'S DESIGN TRENDS 2021

■ STEAL A FEW AVAILABLE INCHES

Cristina thought of her island as undersized, and she didn't mind that lengthening it to gain storage would require extending it slightly into the dining area, *top left*.

■ BUILD IN THE MICROWAVE

Part of Cristina's cleanup involved recessing the microwave into the island, *top right*. She was willing to adapt to the lower height in exchange for more counter space.

■ CUSTOMIZE A DRAWER

Cristina took inventory of her flatware then built a double-deck wood organizer, *above left*. It looks nice, and more importantly, she can use every bit of space now.

■ DIVIDE AND MAXIMIZE

Vertical dividers line up pans, and a pair of roll-out trays (a good way to use the space in a tall cabinet) organize other baking essentials above the fridge, *above right*.



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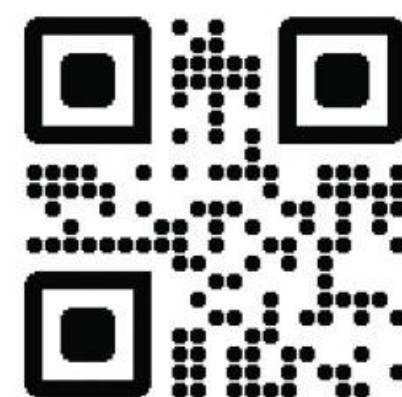
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i did it!

Inspired by a Japanese paper-marbling technique called *suminagashi*, a DIYer transformed bargain finds into a gallery of **painted plates** on her dining room wall.

as with many of her DIY projects, Cathryn Holt adapted a traditional crafting technique in a quirky way. This time she taught herself *suminagashi*—a Japanese marbling technique involving floating paint on water. But instead of the typical paper, she dipped plates to create unique patterns for a statement wall in her family's Warner Robins, GA, home. "I had a closet full of spray paint that ended up being perfect for the job," she says. "It comes out in a mist form, so the paint immediately starts forming that marbled pattern when it hits the water surface." Using white plates she found at Dollar Tree for—as you might imagine—a dollar each, the project cost \$40 (including hanging supplies) and took two days. Turn the page for Cathryn's technique.

Finished with a glossy acrylic spray, the plates shine on the dining room wall.



Show us what you made

Send photos of you with your latest project to IDidIt@meredith.com and post on Instagram with our #BHGIDidIt hashtag.

WHAT SHE DID

Cathryn stuck to blue for this project but has experimented with multicolor versions since. One of her favorite combos involves spraying purple, gold, and green paint onto water, quickly swirling, then dipping plates as she did for these.



MEET CATHRYN

She shares home decor projects on her blog, *Amateur Decorating Like a Pro*.

WHY I DIY

"It saves money, you get exactly what you want, and it's just plain fun."

REMEDY FOR A CREATIVE RUT

"Go to the next project and circle back once you clear your mind. If you rush projects, you lose creativity."

NEXT PROJECT

"Creating Japanese room divider panels from scratch." ■



SUPPLIES

- Drop cloth
- Rubber gloves
- 8-inch-deep basin
- Glossy spray paint
- Skewer
- Assorted white plates, washed and dried
- Clear acrylic spray
- Superglue
- D rings
- Duct tape
- Picture hanging hooks

1 DIP Protect your work surface with a drop cloth or towels. Wearing gloves and working outdoors or in a well-ventilated area, fill basin with 6 inches of room-temperature water. Mist the surface of the water with spray paint. Briefly swirl paint with a skewer to create a marble pattern. Immediately submerge plate below paint, inserting

plate diagonally and right side up near the edge of the basin.

2 DRY Carefully lift the plate to collect paint on the surface. Slowly tip plate to pour off water, then lift plate out of water. Let plate dry 24 hours on a protected surface. If bubbles form under paint, pop them with a pin once paint is completely dry. If you want stronger color or pattern, redip the

dry plates. Between each dip, remove any remaining paint from water, then remist and swirl paint. Finish with clear acrylic spray.

3 HANG Superglue a D ring to the back of each plate; secure with duct tape. Let dry 12 hours. Hang plates with picture hanging hooks. Note: Dishes aren't food safe and shouldn't be put in the dishwasher.



INSPIRED TO DIY? The spring issue is on sale at newsstands and magazine.store/DIY. Or hover your smartphone camera here to purchase.



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SPECIES TULIPS

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Native to the mountain regions of Central Asia, these natural beauties are a far cry from their more formal cousins and blend well in naturalistic settings.

1

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Also called lady tulips, they bloom on 12- to 14-inch stems. Bulbs have a woolly tip that insulates them from cold winters and hot summers.

2

T. SYLVESTRIS

Golden goblet-shape flowers are sweetly fragrant; 8-12 inches tall.

3

T. LINIFOLIA

A bold, bright red flower; 4-8 inches tall.

4

'LITTLE PRINCESS'

Tiny bulbs produce several fragrant flowers on 4-inch stems.

5

'LITTLE BEAUTY'

Sister to 'Little Princess' and pretty paired with it.

6

T. CRETICA 'HILDE'

Flowers reach 6-7 inches tall; from the mountains of Crete.

7

T. BAKERI 'LILAC WONDER'

Pale pink flowers on 6-inch stems have a dollop of sunshine in the center.



Like other tulips, species bulbs need to be planted in fall for spring flowers.





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Otezla can cause severe diarrhea, nausea, and vomiting, especially within the first few weeks of treatment. Use in elderly patients and the use of certain medications with Otezla appears to increase the risk of having diarrhea, nausea, or vomiting. Tell your doctor if any of these conditions occur.

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Some patients taking Otezla lost body weight. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will decide if you should continue taking Otezla.

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Tell your doctor if you are pregnant, planning to become pregnant or planning to breastfeed. Otezla has not been studied in pregnant women or in women who are breastfeeding.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-332-1088.

Please see Brief Summary of Prescribing Information on the next page.

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Brief Summary of Prescribing Information OTEZLA[®] (oh-TEZ-lah) (apremilast) Tablets

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Diarrhea, Nausea, and Vomiting have been reported in some patients taking OTEZLA and in some cases, patients required hospitalization. Most events happened within the first few weeks of starting OTEZLA and occurred more in patients taking medications to reduce blood pressure or in those patients 65 years of age or older. Tell your doctor if any of these occur.

Depression was reported by some patients taking OTEZLA. Before taking OTEZLA, tell your doctor if you have had feelings of depression, suicidal thoughts, or suicidal behavior. You, your caregivers, and family members should be alert for the development or worsening of depression, suicidal thoughts, or other mood changes. If such changes occur, contact your doctor. Your doctor will determine whether you should continue taking OTEZLA.

Weight loss occurred in some patients taking OTEZLA. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will consider whether you should continue taking OTEZLA.

Some medicines should not be taken with OTEZLA as they may make OTEZLA less effective. Tell your doctor about all the medications you take, including prescription and nonprescription medications.

What is OTEZLA?

OTEZLA is a prescription medicine used for the treatment of adult patients with active psoriatic arthritis.

OTEZLA is a prescription medicine used for the treatment of adult patients with moderate to severe plaque psoriasis for whom phototherapy or systemic therapy is appropriate.

It is not known if OTEZLA is safe and effective in children less than 18 years of age.

Who should not take OTEZLA?

You must not take OTEZLA if you are allergic to apremilast or to any of the ingredients in OTEZLA.

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- have had feelings of depression, suicidal thoughts, or suicidal behavior
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These are not all the possible side effects with OTEZLA. Tell your doctor about any side effect that bothers you or does not go away. You may report side effects to the FDA at 1-800-FDA-1088.

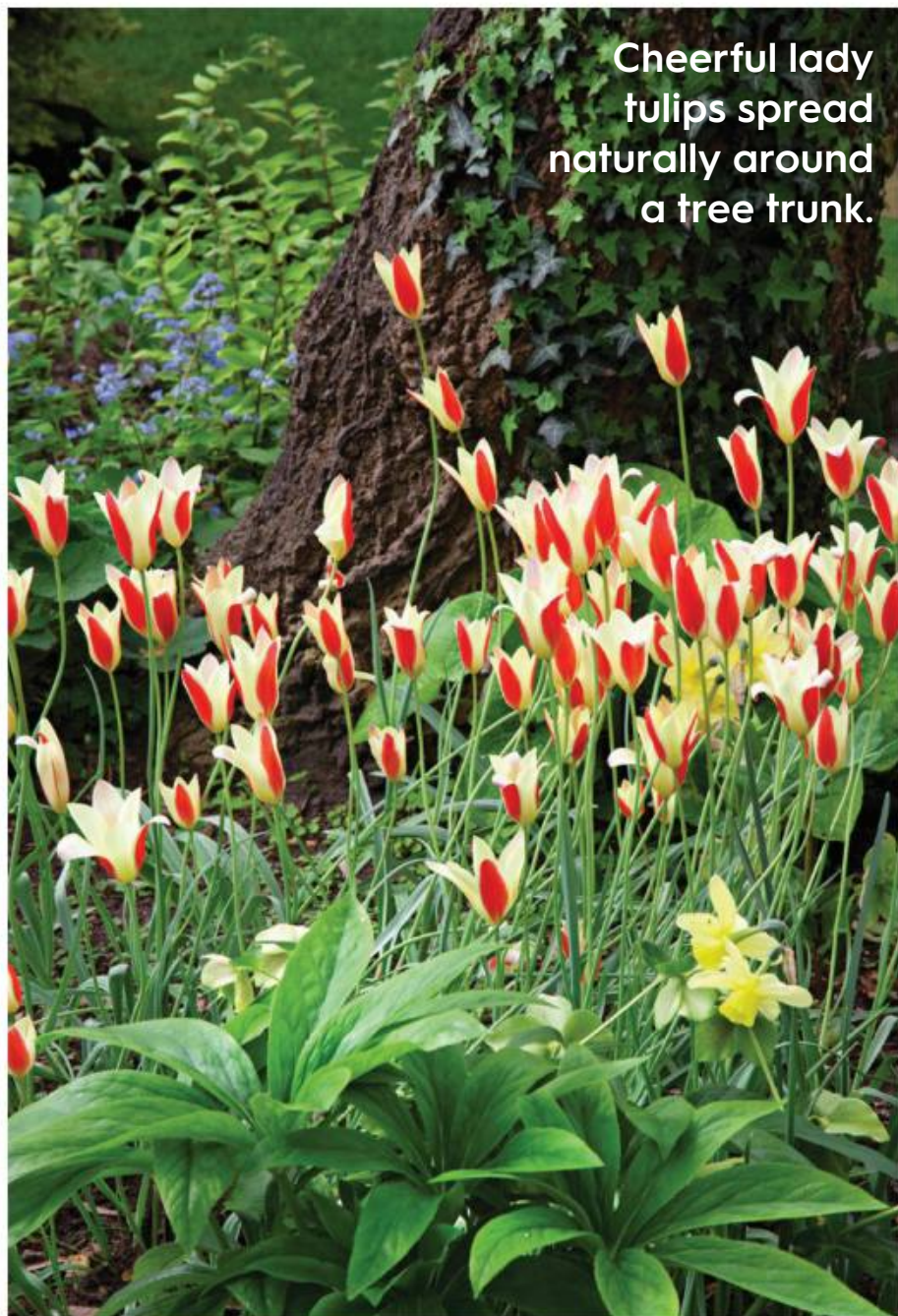
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Medicines are sometimes prescribed for purposes other than those listed in their package inserts. This is a Brief Summary of important information about OTEZLA. Ask your doctor or pharmacist for more complete product information, or visit otezla.com, or call 1-844-4OTEZLA (1-844-468-3952).

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[DESIGN TIP]

LET LOOSE THE GRACEFUL HABITS OF SPECIES TULIPS LEND THEMSELVES TO INFORMAL PLANTINGS. AVOID SOLDIERLY ROWS; INSTEAD, PLANT BULBS IN CLUSTERS BY THE HANDFUL.



Cheerful lady tulips spread naturally around a tree trunk.



T. tarda flowers open on 4- to 6-inch stems ideal at the front of a flower bed.

GROWING FAQS

WILL SPECIES TULIPS COME BACK FOR YEARS?

Where conditions are ideal, species tulips naturalize, spreading by seed or offsets. They typically return for three or four years, not forever.

DO SPECIES TULIPS GROW IN WARM CLIMATES?

Most need a cold period for dormancy, but some—like lady tulips, *T. bakeri* 'Lilac Wonder', and *T. sylvestris*—are known for their adaptability to warm Zones 8–10.

SHOULD I FERTILIZE THEM?

In the wild, species tulips grow in barren soils. They do not need fertilizer. ■

Wild species tulips made their way to Holland in the hands of bulb collectors and breeders centuries ago, becoming the parents of today's flashy hybrid tulips. But species tulips' more delicate looks remain popular. Today, there are about 100 types of species tulips, though not all are available commercially.

■ CONDITIONS

In their natural environment, species tulips often grow in cracks between rocks, so they're well-suited to the gritty, porous soil in

home rock gardens. But they thrive in any well-drained soil. They need sun in spring and hot, dry conditions through the summer. Native to mostly dry regions, the bulbs will rot if the soil is kept moist, so plant them out of range of irrigation systems. Most are hardy in Zones 4–8.

■ PLANTING

These little bulbs are available from garden shops and mail-order specialists in fall. Plant them any time from September until the ground freezes. Plant them pointed ends up in

a 4- to 5-inch-deep hole, then water well.

■ FLOWERS AND BEYOND

Most species tulips bloom in mid- to late-spring, usually for about two weeks. To encourage them to bloom again next year, allow the flowers and foliage to fade naturally.

■ PESTS

Deer eat tulip flowers like candy. As soon as you see buds, spray them with deer repellent. Voles and chipmunks eat tulip bulbs, but

amending the soil with PermaTill (available at garden shops) will discourage them.

SOURCES

- ◆ brentandbeckysbulbs.com
- ◆ colorblends.com
- ◆ johnscheepers.com

T. turkestanica is the earliest-blooming species tulip and prolific, with up to eight flowers on every stem.

indoor citrus

Garden expert **Marie Viljoen** shares her time-tested advice for living with these frost-tender trees.



TOP TREES

From lowest maintenance to most temperamental, these types of citrus are Marie's favorites.



THAI LIME

This is one citrus that can thrive in bright, indirect light. It has fragrant leaves you can cook with and fruit that's great for marmalade.



FINGER LIME

They're filled entirely with round vesicles called citrus caviar. Grafted onto dwarf stock, the petite, fuss-free trees can live on a small table.



MEYER LEMON

They need tons of light and are highly sensitive to overwatering. But those flowers! I like preserving the thin-skinned fruit in salt.



for me, there's nothing more enchanting than the perfume of citrus blossoms in late winter. Growing citrus trees indoors can be daunting, but the effort is well worth it for the aromatic flowers and foliage, not to mention the much-anticipated fruit.

So when seasonal temperatures

consistently dip below 50°F, I bring my potted citrus from the patio into my NYC apartment. For six to seven months, they flourish in a sunny south-facing bedroom.

There have been instructive hiccups, like a brush with root rot (I overwatered) and annoying pests (scale), that taught me what to look out

for and how to keep the trees happy.

Water

■ Don't overwater.

This is the No. 1 killer of citrus. The soil needs to dry out between deep waterings: A moisture meter fully inserted in the soil should read three.

■ **Do drench plants** until water runs from the drainage hole.

Suction up any water in the saucer with a turkey baster to prevent a soggy bottom and root rot.

■ Do intervene if you suspect root rot.

It's a fatal consequence of overwatering. Dropping green leaves and dying twigs are symptoms. With the tree on its side, pull it gently out of the pot, soil and all; if roots

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disintegrate in your hands, they've rotted. Immediately remove soil and damaged roots, wash pot with soap and water, and replant in 1:1 mix of fresh potting mix and orchid bark. Water, then allow soil to dry out before watering again. If surgery went well, new growth will appear in a few months.

Light

- **Do place citrus in the sunniest spot.** South-, east-, and west-facing windows are ideal. Use grow-lights if you lack bright natural light.
- **Don't keep grow lights on 24/7.**

Trees didn't evolve with constant sunshine and need rest.

Potting

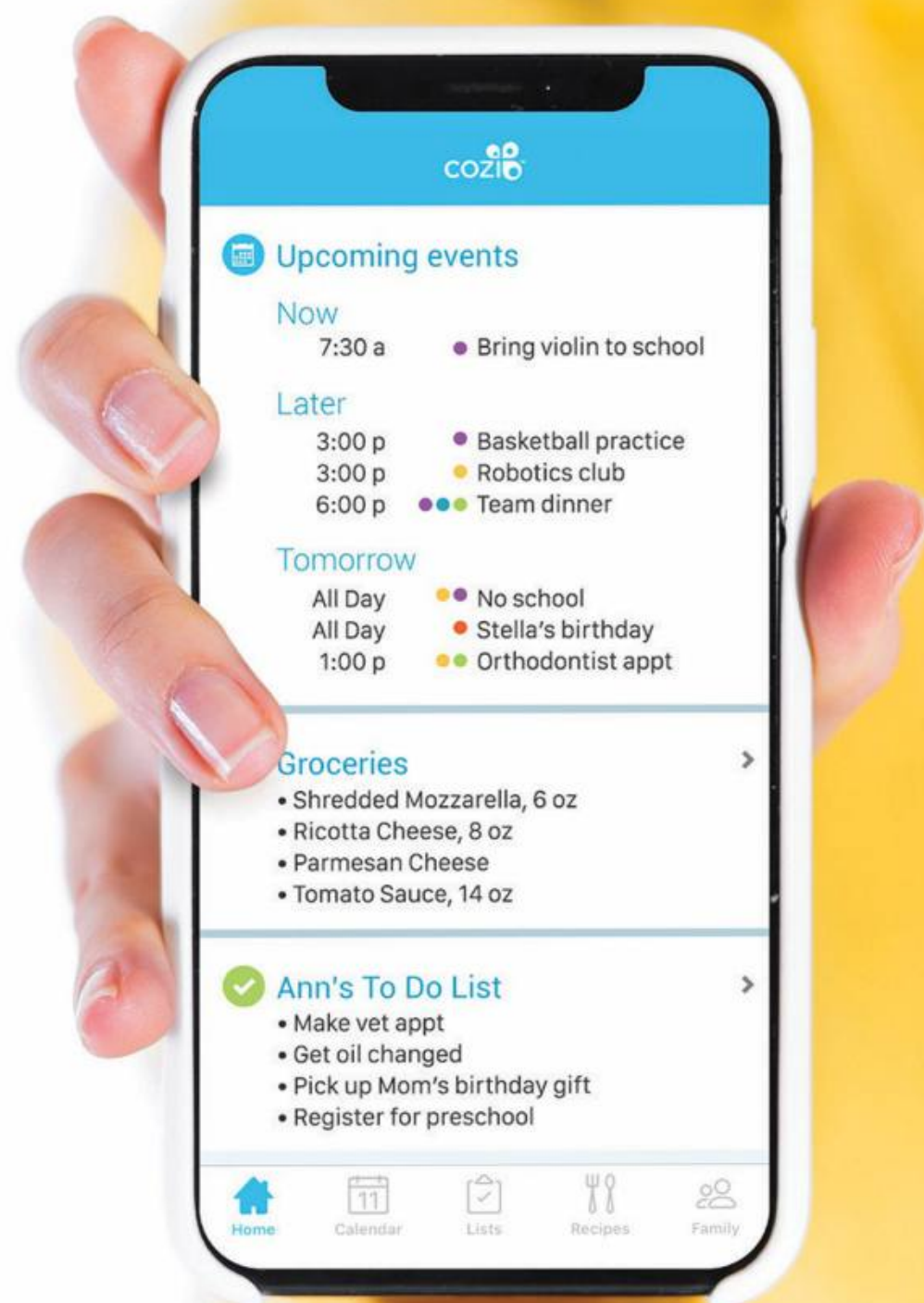
- **Don't use a pot that's too big.** If you want to repot the tree from its nursery container, only go up to 2 inches wider. In overlarge pots, soil stays damp. Damp is death.
- **Do ensure good drainage.** Choose a pot with a hole and use a well-draining potting mix. I like a 1:1 mix of citrus potting soil and orchid bark.
- **Don't use a self-watering container.** They stay too damp between waterings.



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Cozi is the #1 family organizing app!

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Pests

■ Do check leaves daily for pests

like scale (*below*) and spider mites (tiny cobwebs, especially on the backs of leaves, are an indication). Treat spider mites the same as scale.

■ Don't ignore tiny flying creatures.

They're most likely fungus gnats (a sign of overwatering). The larvae can damage roots. Diatomaceous earth sprinkled in the pot controls both adults and larvae.

Food

■ Do feed a healthy tree monthly with organic granular citrus

fertilizer. (Feeding a sick tree risks exacerbating many problems.) Follow the dosage instructions for the pot size to the letter.

Climate

■ Don't expose your tree to hot or cold blasts. Never place it beside a heat source (you may as well roll

out the spider mite welcome mat) or near an exterior door. In warm weather, trees prefer life outside. But if you don't have outdoor space and you have the right conditions indoors, you can keep them thriving year-round if you are hypervigilant about care.



PROJECT Joy

You won't necessarily get a huge harvest from potted trees, but you will get enough for garnishes and cocktail hour.

WINTER'S EDGE

Shake up 3 oz. silver tequila, 1 oz. grapefruit juice, ½ oz. Grand Marnier, and 2 tsp. finger lime caviar with ice. Strain and serve. ■

March 2021 | BH&G 59

SCALE CONTROL

Scale insects commonly infest indoor plants. If you see sticky spots (aka honeydew) on leaves or on the floor under the tree branches, you have scale. To remove the pests (which may be flat and oval or white and fluffy), spray the entire tree with a mix of 1 Tbsp. liquid dish soap to 1 qt. water. Wash every leaf and branch with a sponge, using a toothbrush in nooks and crannies. Rinse the tree in the shower (cover the soil with a plastic bag taped around the trunk, *opposite*) or with a spray bottle.



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WEEKNIGHT
MEALS

COMFORT FOOD MAKEOVERS

HERB PASTRY

Fresh herb leaves pressed into purchased piecrust boost flavor.



It's been a hard winter, so we've been dipping into our proverbial Rolodex of homey meals more than ever before.

Luckily, these lightened up recipes from Gina Homolka—the woman behind the *Skinnytaste* blog and cookbooks—prove curling up with your favorite dishes doesn't have to leave you feeling ready for hibernation.

RECIPES
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TURKEY POT PIES Gina's version features leftover turkey (chicken works too), frozen veggies, and purchased piecrust for weeknight ease. She sticks to a single crust on top to lighten things up a bit and bakes the pies in individual pie plates or crocks to take the guesswork out of portion control. (The recipe also works as a full pie in a standard pie plate or casserole dish.)

They look ferocious,
but inside they're just
chicken raised with
no antibiotics ever.



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Look for **NO ANTIBIOTICS EVER!** on pack





ZOODLES VS. NOODLES

Serve over spiralized zucchini, whole grain pasta, or a combo of the two.



What started in 2008 as a blog to record a few slimmed-down versions of Gina's favorite recipes has expanded to six cookbooks (with another on the way), millions of blog visits, and countless revamped recipes, including readers' requests for their comfort food favorites. No dishes or ingredients are off the table for Gina, but her recipes incorporate lots of produce and whole ingredients, plus encourage simple swaps to help her readers live life on the lighter side.

◀ ITALIAN CHICKEN MEATBALLS

Frozen riced cauliflower and grated Parmesan keep these (grain-free) meatballs tender and juicy in the oven. Gina's simple stove-top tomato sauce simmers while the meatballs bake.

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NI-52249



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bread crumb
topper provides
buttery crunch.*



MACARONI AND CHEESE WITH CASHEW CREAM A creamy, blended mixture of cashews and water replaces half the usual cheddar without sacrificing the rich texture and flavors we expect from stove-top mac and cheese. This recipe works just as well with gluten-free pasta and dairy-free cheeses.

**Makes
broccoli less
broccoli-ey.**



For the win win

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A TOAST

Gina broils these sandwiches to melt the cheese over the sautéed veggies and steak. A toaster oven would work well too.



“I love a good cheese-steak. I start with a lean cut of beef, bump up the veggies, and serve them open-faced to cut calories and carbs.”



GINA HOMOLKA



Gina's latest book, *Skinnytaste Meal Prep*, focuses on make-ahead recipes and freezing tips to take the pressure off weeknight cooking. \$33; penguinrandomhouse.com

↑ OPEN-FACE CHEESESTEAKS With its griddled sirloin, green bell peppers, onions, and mushrooms, Gina's riff on cheesesteaks will have you thinking you're having dinner in Philly. By scooping out some of the soft interior of each piece of baguette, Gina makes way for a pileup of meat, extra veggies, and melty provolone. ■



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family recipe box

Grandmothers are trending in foodie circles as the gatekeepers of cultural culinary traditions. The experts here share insights into what they've learned from their beloved elders.

“Everyone has a bond to food.”

CARRIE NAHABEDIAN



CARRIE NAHABEDIAN

SOU BOUREK

Growing up in an Armenian family in Chicago, Michelin-starred chef Carrie learned many traditions from the older immigrant women in her orbit. “In my community, everyone has an umbilical cord to recipes,” Carrie says. “Someone knows how to make a recipe, and then they pass it on to someone else so it will survive.” Carrie credits her grandmother Rose for teaching her about Armenian cooking. “I am lucky to come from a family of good cooks,” she says. And though she doesn’t make every ingredient from scratch like her grandma (“I can buy Greek yogurt that’s as good as hers”), Carrie has carefully preserved her family recipes, including Sou Bourek, a layered egg noodle and cheese bake.

THE BASICS

Carrie’s Sou Bourek layers homemade noodles with shredded and cottage cheeses.



Rose Nahabedian “My grandmother cooked every single day,” Carrie says. “She made her own yogurt, her own bread, her own phyllo. Moms and grandmas are the ones who learn and pass on the family food traditions.”

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“I feel this complete connection with my ancestors and our cooking traditions.”

ERIN JEANNE MCDOWELL

THE BASICS
Erin's pie is all rhubarb (her grandma's favorite), but she offers an option for including strawberries.



ERIN JEANNE MCDOWELL

PURE RHUBARB CRUMBLE PIE

Erin's grandma Jeanne literally grew up in a little house on the prairie, and it was in that tiny Kansas kitchen where Erin learned to bake. "To me, baking with a grandma is about having fun," says Erin, who has authored two cookbooks, including 2020's *The Book on Pie*. "Understandably, my mom could get annoyed with me making a mess in the kitchen, but my grandma didn't mind. It was our time together, and we just had fun." Erin realizes now that those messes with her grandma, having free rein to experiment and veer away from a recipe, were her earliest introduction to developing and testing recipes.



Jeanne McDowell "Baking with my grandma, I learned not to be afraid in the kitchen. If we failed, no one would ever know but us. And if we succeeded, we shared it," Erin says.



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KISSES Double Chocolate Cupcakes
Get the recipe at [hersheys.com](https://www.hersheys.com)



THE BASICS
These baked wings are both marinated and tossed in a soy sauce-citrus juice combo.



AARÓN SÁNCHEZ

ZARELA'S PINEAPPLE-GINGER WINGS

Hospitality is at the heart of chef and restaurateur Aarón's food philosophy, which he attributes directly to his mother and grandmother. "Hospitality is about anticipating the needs of someone else and giving them joy," Aarón says. A third-generation cookbook author, many of Aarón's early memories are linked directly to the cattle ranch where his *abuela* Aida and mom, Zarela, lived in northern Mexico. When Aarón was growing up, his mom worked nights but frequently left food—like these chicken wings with fresh citrus juices, ginger, serrano, and cilantro—that was easy for her twin sons to reheat. "Part of taking care of other people is putting their needs before yours; that's exactly what moms and grandmothers do."



Zarela Martinez "When I was coming up as a chef, my mother said, 'You have to develop your own style to stand apart.' I've learned to adapt but with knowledge of the basics and where I come from," Aarón says.



HAWA HASSAN

SUUGO SUQAAR

Grandmothers take pride of place in Hawa's cookbook, *In Bibi's Kitchen*, an exploration of the foods of eight countries along Africa's eastern coast. As a child, Hawa escaped to Seattle from civil war in Somalia; it would be over a decade before she was reunited with her family. Despite the separation, Hawa has strong memories of flavors from her childhood, including this sauce made with a Somali spice blend. For this recipe—and many others—in her book, Hawa turned to 19 grandmothers (aka *bibis*) to explore their personal and collective histories. "If you're lucky enough to sit with grandmothers and absorb their stories, you have so much treasure to take away," Hawa says.



THE BASICS
Suugo is a tomato-based pasta sauce with heavy Italian influences. (Italy colonized Somalia in the 1880s.)

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XAWAASH SPICE MIX The Somali blend of toasted spices includes cinnamon, cardamom, peppercorns, cloves, and cumin. "Africa is a continent made up of dozens of countries, so the food is as varied as what you'd find in Europe. Spices are a great way to start exploring," Hawa says. ■

loaded matzo brei

In its simplest form, this Passover staple requires only matzo and eggs. **Jake Cohen**, author of *Jew-ish*, includes a few extra ingredients for a rendition that's anything but basic.

“This is one of my go-to ways to make matzo brei. It's super quick and easy but also visually stunning.”

JAKE COHEN

MATZO BREI WITH LOX AND CHIVES

START TO FINISH 20 min.

- 4 Tbsp. unsalted butter
- 2 medium shallots, thinly sliced into rings
- 4 6×6-inch sheets matzo (a crispy unleavened bread)
- 4 large eggs, beaten
- 3 Tbsp. crème fraîche
- 4 oz. Nova lox
- 2 Tbsp. fresh chives
- Finely grated zest of ½ lemon

1. In a large nonstick skillet melt butter over medium. Add shallots and a big pinch of *kosher salt* and *ground black pepper*. Cook, stirring often, until shallots are softened and lightly caramelized, 8 to 10 minutes.

2. Meanwhile, run each matzo sheet under water about 30 seconds to soften (hold over a bowl in the sink in case sheets break). Crumble into 1-inch pieces.

3. Add matzo to shallots and cook, tossing constantly, to incorporate, 1 minute. Pour eggs into skillet along with a large pinch of salt and pepper. Cook, stirring constantly, until eggs are just set, about 2 minutes.

4. Transfer to a platter and spoon on crème fraîche, then garnish with the lox, chives, and lemon zest. Serve immediately. Serves 4.

EACH SERVING 372 cal, 22 g fat (12 g sat fat), 239 mg chol, 427 mg sodium, 28 g carb, 2 g fiber, 2 g sugars, 16 g pro ■

Check out *Jew-ish* (\$30; hmhco.com), available March 9.

COOK WITH US
Visit BH&G.com/Matzo for a video of us making Jake's Matzo Brei with Lox and Chives.

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WINNING *personality*

BRILLIANT LAYERING AND A DIALED-UP TAKE
ON CLASSIC COLOR COMBOS MAKE DESIGNER
AMANDA REYNAL'S HOME A MASTER CLASS
IN GIVING A PLAIN-JANE SPACE HEAD-TO-TOE
CHARACTER. WE'VE TAKEN NOTES FOR YOU.





“I’m always drawn to symmetry,” says Amanda, who likes to anchor a room’s design with a pair of matching pieces, such as ottomans, chairs, or tables.

TWO-COLOR scheme

Amanda Reynal’s sunroom illustrates how a careful mix of diverse materials and patterns can energize a disciplined palette of beige and white. The most pronounced motif, a bold ikat on the ottomans, contrasts with an antelope-pattern rug, while the curtains and sofa bring subtle prints of different sizes into play. The woven chairs, grass-cloth wallcovering, and wood table add texture.



Pay attention to shapes: Amanda contrasts curvy sofas with square-back armchairs for visual interest.

Plain is definitely not a word that comes to mind when entering interior designer Amanda Reynal's Des Moines home. But that's exactly what it was before she got her hands on it. "In terms of the architecture, the house's interior is very vanilla," she says of the 1970s two-story that flippers had renovated into a minimal white canvas. The East Coast native—who has a Northeast-meets-Midwest (with a hint of Palm Beach) design style—welcomed the challenge to transform the blank slate.

On the first floor, the free-flowing layout led Amanda to a palette that was somewhat unconventional for a family who typically embraces color. Consistent neutrals, anchored by grass cloth on most of the walls and boldly punctuated with black and white, unify the living spaces. Upstairs, however, Amanda indulged the family's usual love of playful, energetic color against white walls.

In nearly every room, you'll find a standout pattern in the spotlight and a mix of supporting patterns and textures. The result is a home that feels warm, dynamic, and anything but boring.



BLACK and WHITE

Amanda's living room is a case study in bold contrasts but doesn't take itself too seriously.

WARM IT UP

"Black and white can be cold, but natural elements make it warm and livable," Amanda says of her use of a burl wood table, grass cloth on the walls, and the floral pattern on the chairs.

PLAY UP CONTRAST

If you opt for dark or black walls, go lighter for curtains and sofas so the room doesn't feel heavy. Amanda's white lacquered ceiling and glossy white trim help brighten the space too.

APPEAL TO TOUCH

Everything in the room has a tactile quality, including the tape-trimmed linen curtains and nubby jute and wool rug. "A welcoming room appeals to touch as much as sight," she says.

“
I like to have
ceiling fixtures,
wall lights, and
table lamps to
balance the
light throughout
a space.
”

AMANDA REYNAL





WORK *in* METALS

"I love the light and reflection that come from adding a little sparkle," Amanda says, noting the mirrored surfaces and metal finishes like the brushed brass in the powder room. "Metallic elements look especially pretty at night," she says. "By day, they feel a bit quieter." The wallpaper's all-over texture and overscale bloom pattern look particularly dramatic in such a small space.



KEEP IT *consistent*

When Amanda and her husband, Michael, bought the house, the kitchen had been updated but in a minimal aesthetic. To make it their own, Amanda installed additional glass-front cabinetry to display her collection of serveware and replaced the hardware and faucet with brushed-gold alternatives.



A patterned Roman shade, the cane stools, and statement art infuse the kitchen with Amanda's signature style.



OPT *for* COMFORT

"A round dining table is such an easy place to be," Amanda says. "Everyone can face each other, which encourages conversation around the whole table, rather than only with those to either side of you." When she entertains she expands the table with a round topper she bought online and covers it with a tablecloth. Comfortable dining chairs are also a must. Blue-and-white marbled lamps and a large, colorful painting enliven the quiet surroundings.



↑ FOCAL POINT fabrics

"In any scheme, I like to have a main-event item that inspires the rest of the scheme. It could be a fabric, rug, or artwork, for example," Amanda says. In her and Michael's bedroom, the floral fabric on the bed frame drove her choice of the green crosshatch for the curtains and dense pink-and-white dot on the bench.

← don't forget the CEILING

In her son's bedroom, bold wallpaper on the ceiling contrasts white walls. "The wide stripe gives it a happy component," Amanda says, and is in keeping with her love of dramatic ceilings. The woven bed frame recalls the grass cloth downstairs.

→ PRETTY practicality

Although the laundry-mudroom is, by nature, all about function, its visibility from the main living spaces dictates that it also needs to look great. Mirrored fronts on a wall of black cabinetry fool the eye into thinking the space is larger than it is. More grass cloth, this time in a black-and-white botanical pattern, softens any utilitarian hard edges and adds movement. Amanda loves the crispness of the high-contrast scheme. "I'd choose black and white over gray any day." ■



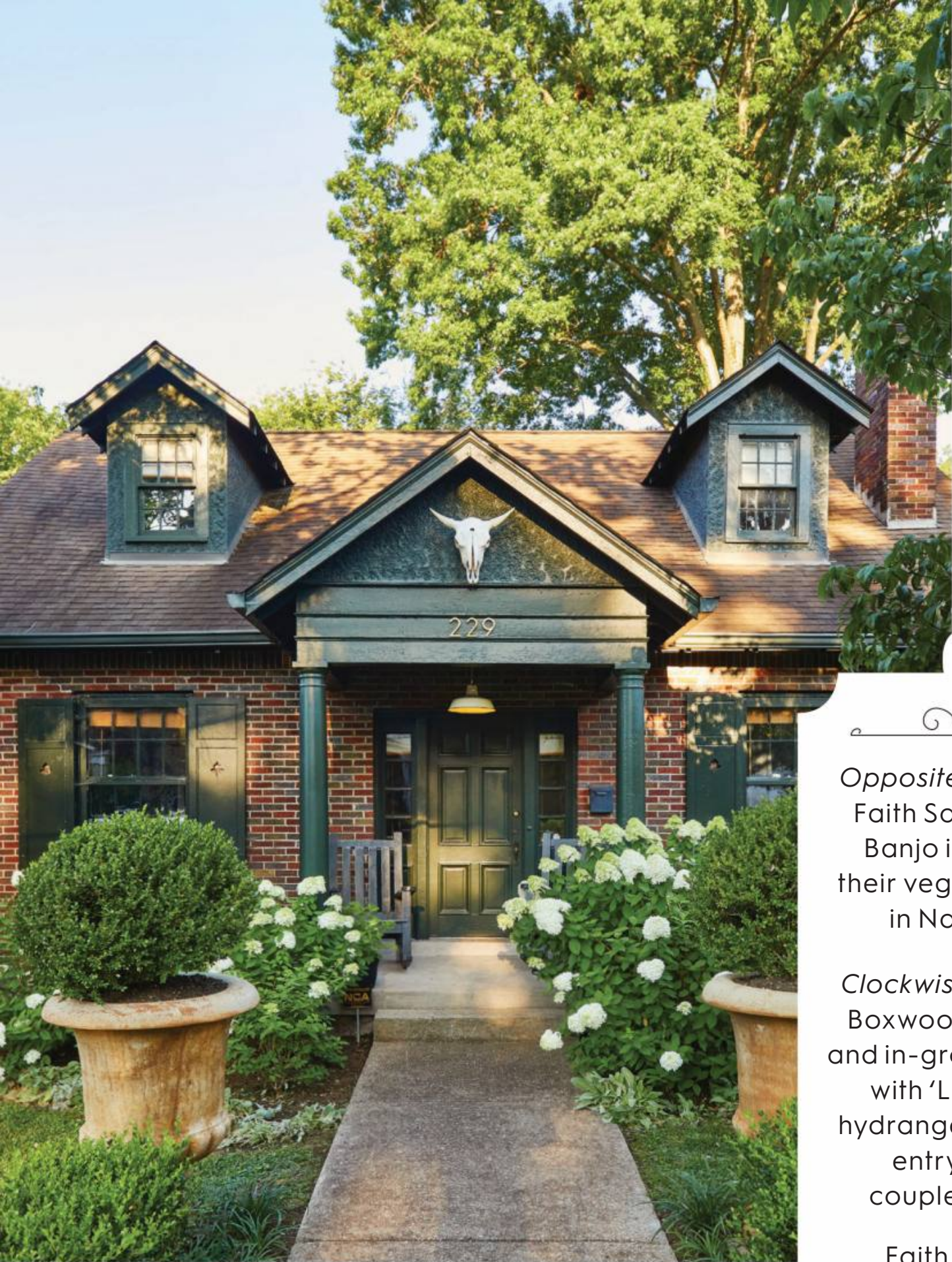
DURABLE HIGH-
GLOSS PAINT
ON THE CABINETS
STANDS UP TO BUMPS
AND SCUFFS.



breaking new Ground

A NEWBIE'S GUIDE TO STARTING A VEGETABLE GARDEN (AND LEARNING FROM YOUR MISTAKES).

BY JOHANNA SILVER PHOTOS HECTOR SANCHEZ



Opposite: Matt and Faith Salmon with Banjo in front of their veggie garden in Nashville.

Clockwise from left: Boxwoods, potted and in-ground, along with 'Limelight' hydrangeas line the entry to the couple's home.

Faith holds a bouquet of chives, lemon balm, and sage snipped from their garden.

Old fishnet tied to a trellis supports 'Starlight' watermelon.

Yellow wax beans, purple 'Islander' bell peppers, and 'Celebrity' tomatoes head straight from the ground to the kitchen.



Faith Salmon got her first taste of gardening five years ago while living in Brooklyn. Initially, it was simply the allure of a green space—a neighborhood urban farm—that drew in Faith and her husband, Matt, both native Australians. “The people were super friendly,” she says. “We used to use the space just to hang out, and then I realized I should probably be volunteering.” As she started pulling weeds and planting seeds, she discovered she’d been missing a connection to the earth in her everyday life.

When the couple relocated to Nashville four years later, their priority was having space to start their own garden. “We bought this home basically for the land,” says Faith, who works as an interior stylist. Not that it was a turnkey landscape. “It was a hot mess when we got it,” she says of the tangle of weeds.

Matt sketched a rough layout of raised beds to grow food with enough space among them to sit with a glass of wine. Inspired by garden rooms they found on Pinterest, the couple decided to frame their space with painted cedar posts. “People don’t always think



of veggie gardens as aesthetically pleasing, but we knew the dark posts would really grab the eye,” she says.

There’s been a learning curve. Planned in the winter when the sun was lower in the sky, the garden didn’t get enough sun the first summer, for example, prompting Faith and Matt to hire an arborist to cut branches from an old oak tree for more sunlight. Faith still battles insects and squirrels. But the garden brings far more happiness than headache, she says, thanks to their bumper crops of lettuces and tomatoes. “Every time we harvest vegetables, it feels like a notch on our self-reliance belt.”

Left: Measuring 21×34 feet, the fenced garden provides enough room for growing food and hanging out. *Below, clockwise from top left:* Faith inspects the perennial bed. ♦ Hand-picking a showy ‘Islander’ bell pepper at its purple stage. Left on the plant longer, it would eventually turn dark red. ♦ A pot of black-eyed Susans is a decorative centerpiece in summer. ♦ A green-tipped ‘Zephyr’ crookneck squash.

GLOW UP
Party lights strung around the vegetable garden make it a hangout spot into the evening.



HARVESTING TIP
Pick summer squash when the skin is glossy and easily pierced with your fingernail.





Though the cedar posts around the garden are painted black, the couple used a zero-VOC stain on the beds so that chemicals wouldn't leach into the soil.

BUDGET-SAVER
To keep wood costs down, the couple limited beds to 1 foot tall. Go taller if you have trouble bending.

veggie garden basics

FAITH SHARES HOW SHE LAID THE FOUNDATION FOR HER SUCCESSFUL KITCHEN GARDEN.

STEP OFF

Keep planting beds narrow. (Faith's are about 4 feet wide.)

"I wanted to be able to reach in to harvest without stepping in and compacting the soil down," she says.

BUILD SOIL

"Planting is only a small part of gardening. It's actually all about building soil," says Faith, who continuously amends her raised beds with composted manure. She also layers on compost

as mulch and plants cover crops so soil is rarely exposed.

TAP LOCAL RESOURCES

When starting, Faith spent a lot of time chatting with people at her local nursery. "It feels good to talk to people who have experience with the climate and can reassure you the mildew on your squash plants is just part of growing in Tennessee." She also recommends finding a regional source for crops adapted to your area. She

buys seeds from southernexposure.com and seedlings from the farmers market.

WIN SOME, LOSE SOME

Reliant only on organic pest-control practices, like hand-picking and applying neem oil, Faith knows she'll inevitably lose some vegetables to pests. (Early on, she planned to wrap chicken wire around the beds as a deterrent to critters but stopped at waist height when she realized it would

make the space feel too enclosed.) Faith now plants 20 percent more than what she thinks she'll need to make up for potential losses.

KEEP LEARNING

Faith learned how to maximize space during an online course at squarefootgardening.com. Now that she has the hang of it, she sketches each season's crops to track what grew where and how well it did.

PLANT PLAN

Faith makes these changes to the spring garden, *opposite*, as the weather heats up.

1

After spring root crops like alliums and carrots come out, quick-growing squash, bell peppers, wax beans, and sunflowers go in.

2

This bed of perennial herbs and strawberries remains the same from season to season to save on work.

3

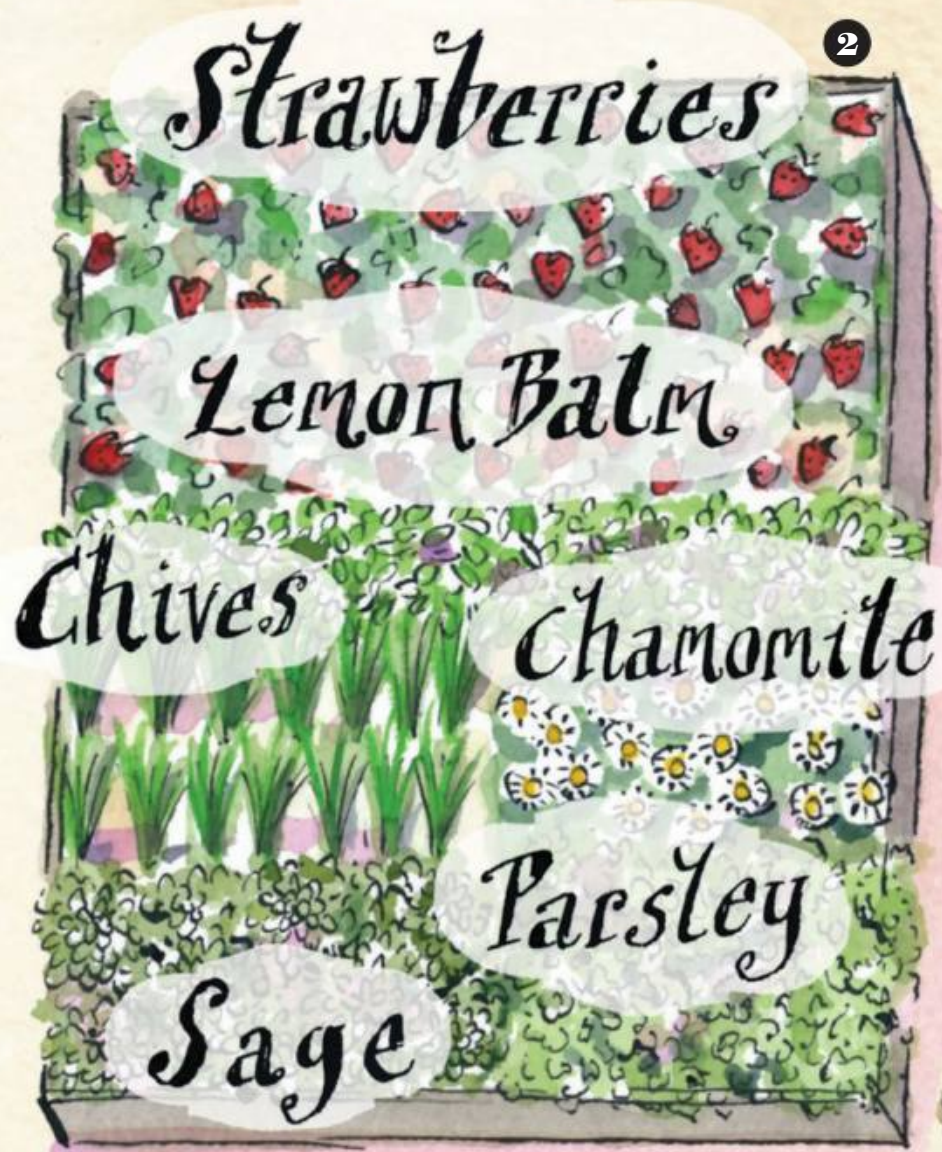
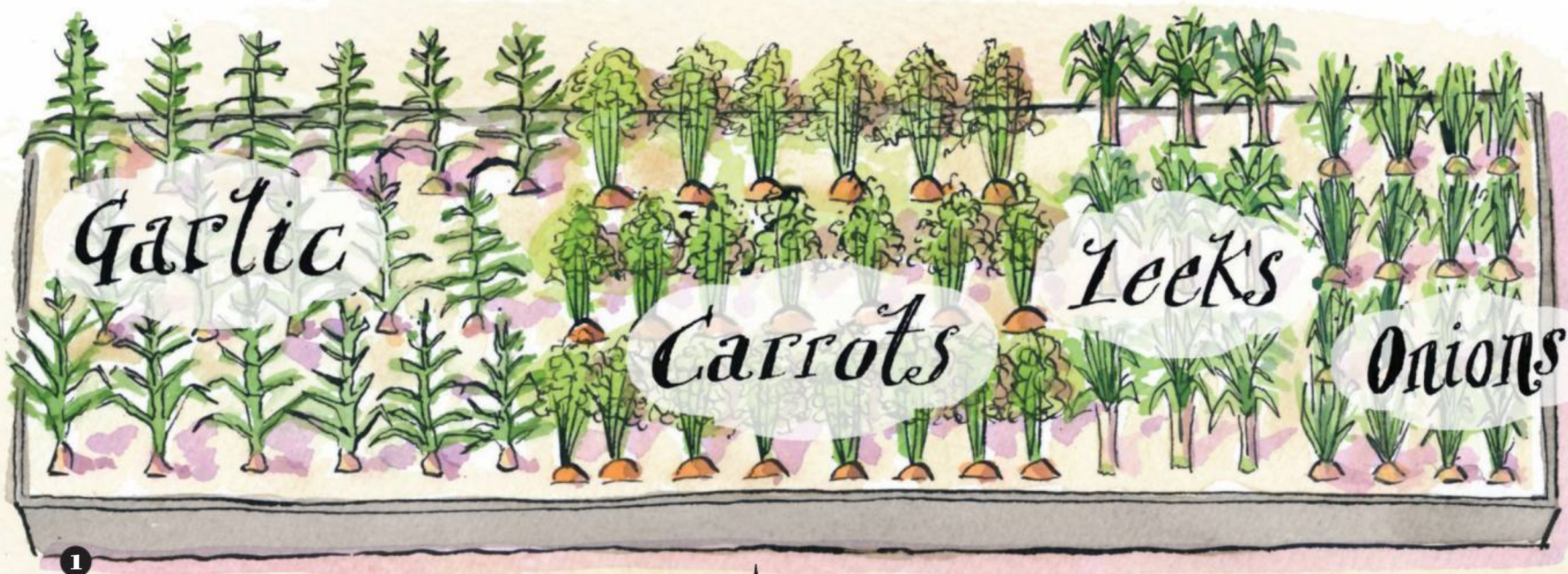
When cool-season greens are ready to bolt, heat-loving bell peppers, jalapeños, tomatoes, and basil take their place.

4

Swiss chard and red sorrel look so impressive that Faith plants them near the front of the garden in spring. In summer, red onions and three types of lettuce grow around a central trellis of cucumbers.

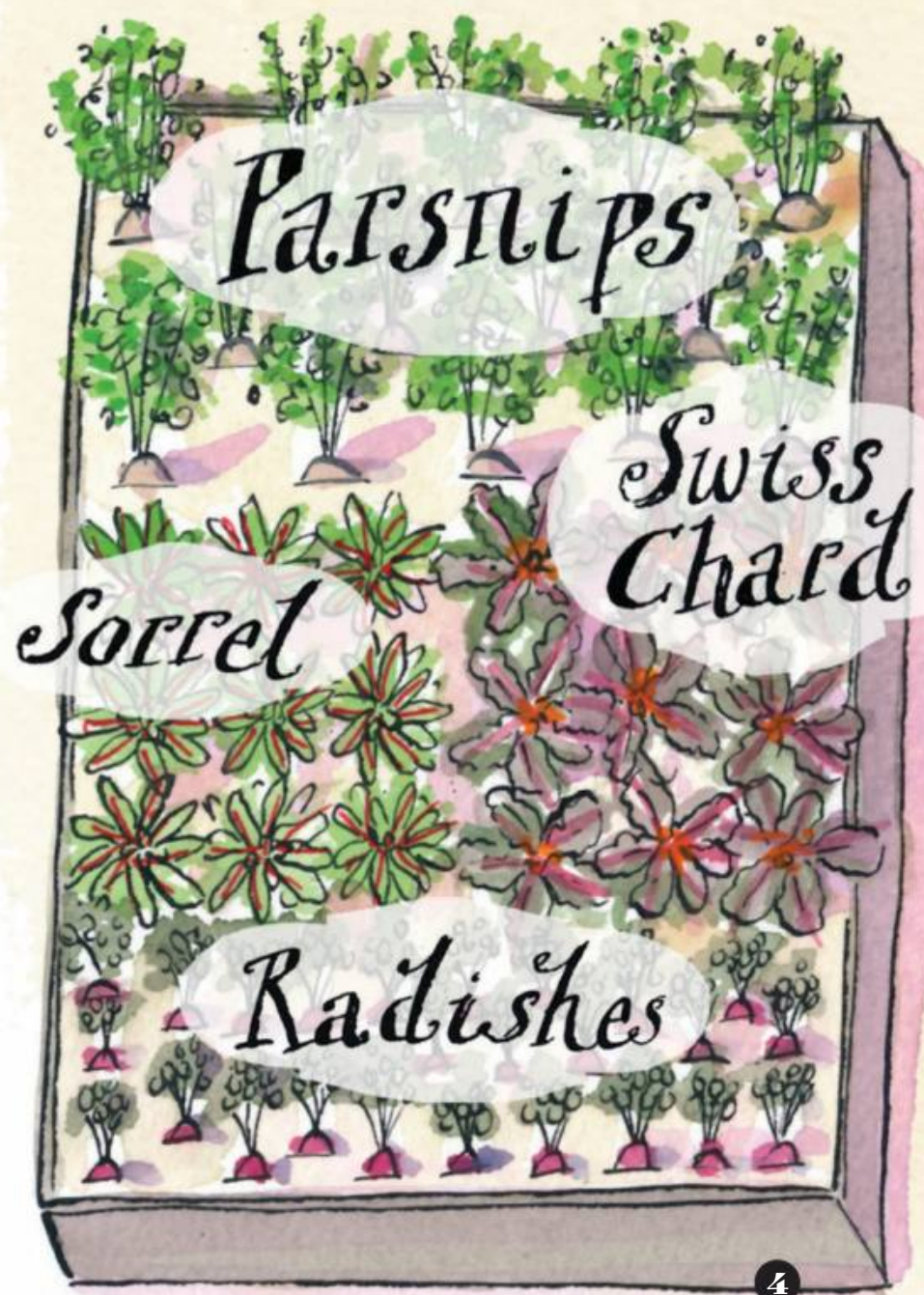
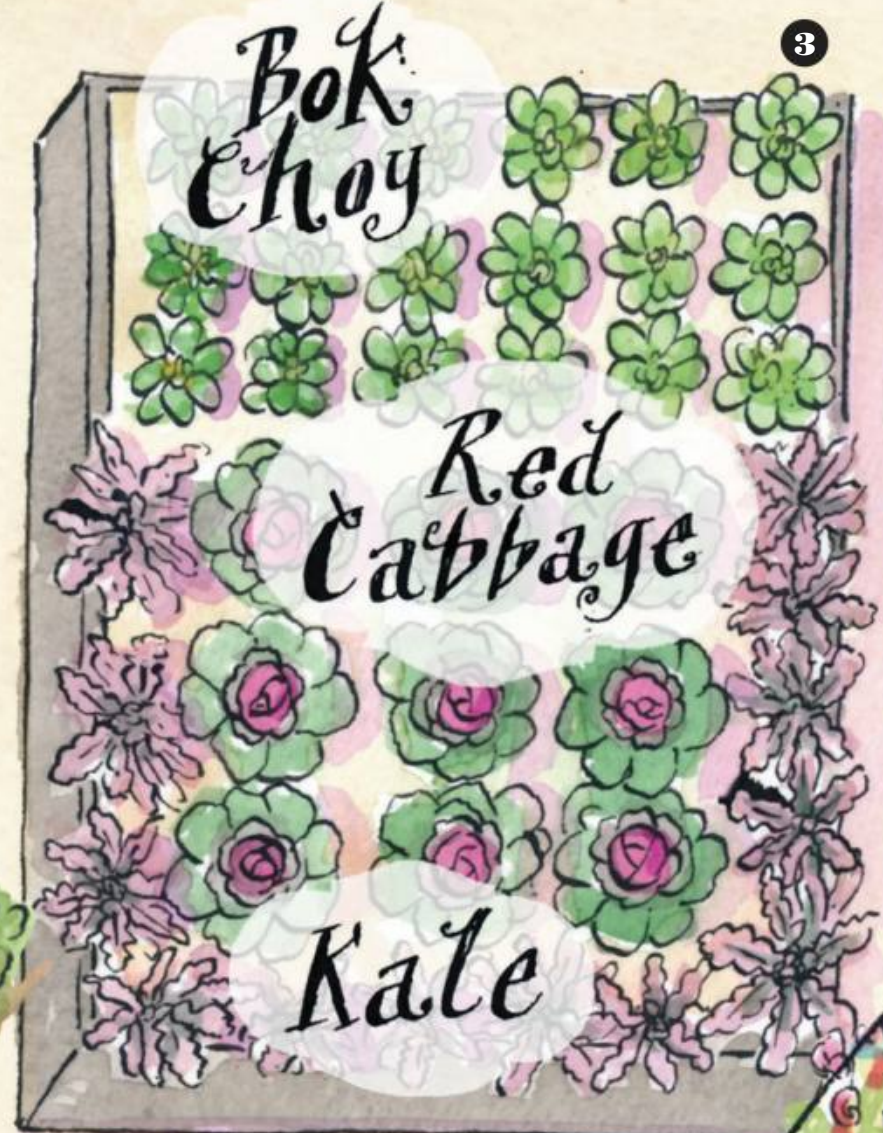
5

The trellis supports sweet peas in spring and melons in summer; bell peppers and green beans replace the cruciferous vegetables. ■

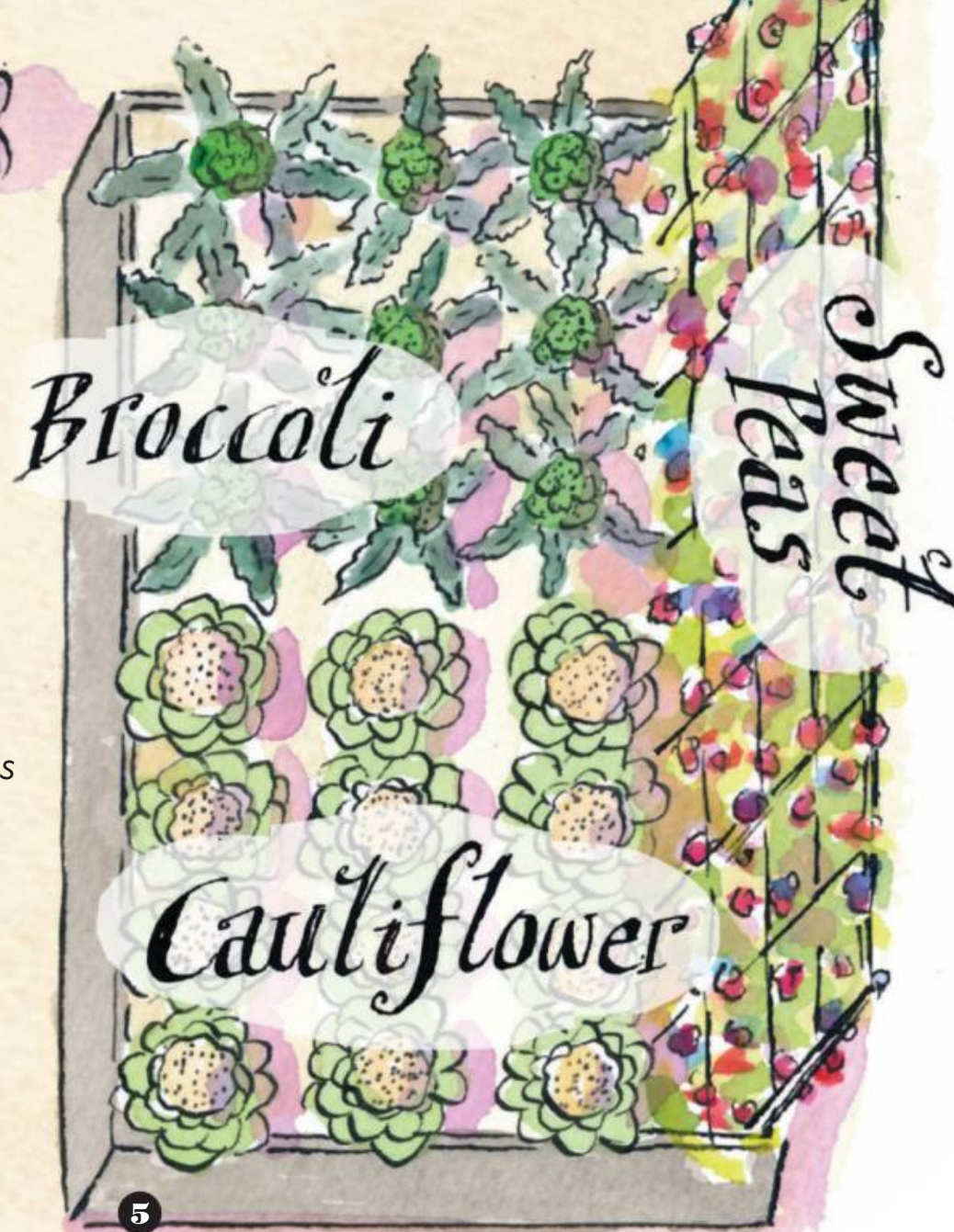


SOIL SMARTS
 Avoid depleting the soil by rotating vegetables between different beds each year.

FOCAL POINT
 Pot an eye-catching plant like rainbow Swiss chard for an easy garden centerpiece.



IN BLOOM
 For color and to attract pollinators, flowers often have a place among the vegetables.



Ina *knows* DESSERTS



Beloved television chef and cookbook author Ina Garten is the queen of comfort. Get ready for the equivalent of a big, warm culinary hug as Ina upgrades some of her favorite classic sweets with new flavors and clever techniques.



BY
JENNY COMITA
PHOTOS
CARSON DOWNING
FOOD STYLING
KELSEY MOYLAN



←

BANANA RUM TRIFLE

Ina's approach to banana pudding? "I thought, *Let me see if I can raise the bar,*" she says. In her version ginger snaps replace the usual vanilla wafers, and vanilla bean and a few tablespoons of Mount Gay rum flavor the pudding.



BLACK & WHITE COOKIES

Sour cream in the batter (for an extra-moist texture) and high-quality semisweet chocolate in the icing are Ina's upgrades to the iconic New York treats, which actually eat more like little cakes.



For Ina Garten some foods can soothe the soul. “I love remembered flavors,” she says.

In fact, she firmly believes that almost any dark mood can be lightened by a crispy roast chicken, a baked-from-scratch cookie, or a well-mixed cocktail. “If I’m truly, deeply miserable, a whiskey sour always does it,” she says with a laugh. “It’s my crankiest happy place.” Of course, nothing banishes the blues like a slice of chocolate cake either. Ina, known to most as the Barefoot Contessa, has included a cocoa-rich, birthday-worthy confection in every one

of her dozen books, including her latest, *Modern Comfort Food*, which is

a deep dive into the idea of cooking and eating as solace and joy.

Cozy cuisine is not exactly new territory for the contessa. “I think comfort food is whatever you had as a kid, and that sort of cooking is what I’ve been doing all these years anyway,” Ina says. Though her recipes might have their genesis in familiar ideas, that is only a jumping-off point. “I always look at a standard recipe and ask myself two things: One, how can I make this taste better? And two, how can I make this easier to cook?” she says.

These days, Ina is cooking up comfort in her East Hampton, NY, kitchen where she has been spoiling her adored husband, Jeffrey, with treats like lobster pot pie and their favorite low-effort special-occasion dinner: a decadent cheese and charcuterie board for two. But she’s also finding an escape in a more unexpected place: Instagram, where she’s been delighting her nearly 3 million followers with simple recipe ideas and sometimes hilarious cocktail demos. (If you haven’t watched her mix the world’s largest cosmopolitan, you’re in for a treat.) “When the pandemic came around, my friend said, ‘Maybe you should see if people on Instagram have cooking questions,’” she says. “And I was like, I don’t know the answers. But I thought, *I’ll just post a picture of my pantry and see what happens.*” What happened was an ongoing virtual dialogue about everything, including the monotony of unloading the dishwasher and how to use up all those dried beans we stockpiled last spring. “These conversations ended up being really satisfying for me because they’ve given me purpose at a time when we are all incredibly anxious,” she says. “They’ve become a comfort—Instagram and lots of grilled cheese sandwiches.”





BOSTON CREAM PIE

This total misnomer dates back to the 1880s when cakes and pies were baked in the same type of pan.

Ina's modern twist is decadent with an orange juice-Grand Marnier syrup soaking the vanilla cake and another shot of the orange liqueur in the pastry cream.

BITTERSWEET CHOCOLATE CAKE

While celebrating their anniversary in Paris a few years ago, Ina and Jeffrey enjoyed "the most delicious French cake called a *balois*," she says. The confection puffs in the oven then falls, resulting in a dense, rich texture.



RECIPES
BEGIN ON
PAGE 98.

ENGLISH LEMON POSSET

Ina's version of this English nursery dessert goes decidedly grown-up when spiked with limoncello liqueur. "It's the easiest thing in the world to make," she says of the puddinglike treat. "And it's really, really good."

SALTED PISTACHIO MERINGUES

The technique behind these oversize puffs, which have a crisp exterior and a marshmallow-like center, comes from chef Yotam Ottolenghi. The secret: Heat the sugar in the oven before whipping it with the egg whites.

the COZY CONTESSA

Little things make
Ina happy every day.

MUSIC

"When I cook I listen to my Spotify playlist called Women Who Rock, which is everything from Taylor Swift to Dolly Parton."

SNACK

"Good cheese. I like a piece of cheddar with an apple and some salty Marcona almonds."

MOVIE

"Any Nancy Meyers film, especially *Something's Gotta Give*," which includes a scene shot in Ina's store. And Alfred Hitchcock's *Dial M for Murder* is "a perfect movie—every single frame."

RITUAL

"I love the smoky smell that comes from building a fire. I have a fireplace in the barn where we work. On cold, rainy days we light it, and it makes me feel better." ■





RECIPES FROM PAGES 92–97

INA KNOWS DESSERT

Recipes by Ina Garten, author of
Modern Comfort Food.

BANANA RUM TRIFLE

HANDS-ON TIME 35 min.

TOTAL TIME 2 hr. 35 min., plus chilling overnight

- 1½ cups whole milk
- 3 Tbsp. cornstarch
- ¼ cup sugar
- 1 14-oz. can sweetened condensed milk
- 3 cups heavy cream
- 1 tsp. pure vanilla extract
- Seeds from 1 split vanilla bean
- 3 Tbsp. dark rum
- 1 1-lb. box ginger snaps (such as Nabisco)
- 6 large bananas, sliced ½ inch thick
- Sweetened Whipped Cream (right)

1. Place the milk, cornstarch, and sugar in a small saucepan and bring to a boil over medium, stirring constantly and scraping the bottom of the pan with a wooden spoon. Cook until mixture thickens, about 9 minutes, stirring constantly. Cook and stir 1 more minute. Whisk in the condensed milk and transfer to a bowl. Cover with plastic wrap and refrigerate 1 hour or up to 24 hours.

2. Pour the heavy cream into the bowl of an electric mixer fitted with the whisk attachment. Beat on low until the cream thickens, then beat on high until it forms

soft peaks. Add the milk mixture, vanilla extract, the vanilla seeds, and rum. Whisk on medium about 3 minutes or until mixture forms soft peaks.

3. In a 3½-qt. glass bowl with straight sides or a trifle dish, place one full layer of cookies, breaking them to fit and making sure they touch the sides of the bowl. (Do not overlap cookies.) Add one layer of banana slices then one-fourth of the cream mixture. Continue layering cookies, bananas, and cream until you have four layers of each, ending with cream and swirling the top. (Save the remaining cookies for decorating.) Chill 1 hour, cover with plastic wrap, and refrigerate overnight.

4. Top with Sweetened Whipped Cream and reserved cookies (crumble if desired). Serve cold. Serves 10.

SWEETENED WHIPPED CREAM

Pour 1 cup cold heavy cream into the bowl of an electric mixer fitted with the whisk attachment. Add 1 Tbsp. sugar and 1 tsp. pure vanilla extract and beat on high until the cream forms soft peaks. Makes 2 cups.

EACH SERVING 779 cal, 44 g fat (25 g sat fat), 125 mg chol, 401 mg sodium, 88 g carb, 2 g fiber, 59 g sugars, 9 g pro

BLACK & WHITE COOKIES

"These cookies are actually more like tender little cakes than cookies," Ina says.

HANDS-ON TIME 40 min.

TOTAL TIME 2 hr.

- 14 Tbsp. (1¾ sticks) unsalted butter, at room temperature
- 1 cup granulated sugar
- 1 extra-large egg, at room temperature
- 2½ tsp. pure vanilla extract
- 1¾ cups all-purpose flour
- ½ tsp. baking powder
- ¼ tsp. baking soda
- ½ tsp. kosher salt
- ⅓ cup sour cream
- 5 oz. good-quality semisweet chocolate (such as Lindt), roughly chopped
- ½ tsp. instant coffee granules

- 2 cups sifted confectioners' sugar
- 2 Tbsp. light corn syrup
- 2 to 3 Tbsp. heavy cream

1. Arrange two racks evenly spaced in oven. Preheat oven to 350°F. Line two sheet pans with parchment paper.

2. Put 10 Tbsp. of the butter and the granulated sugar in the bowl of an electric mixer fitted with the paddle attachment and beat on medium-high 2 to 3 minutes, until light and fluffy. With mixer on low, add egg and 2 tsp. of the vanilla extract and mix well, scraping down sides with a rubber spatula. Sift* flour, baking powder, baking soda, and salt into a bowl. With mixer on low, alternately add flour mixture and the sour cream in thirds and mix just until combined.

3. With a standard ice cream scoop (2¼ inches), place five level scoops of batter 2 inches apart on each prepared sheet pan. Bake 10 minutes, then rotate and switch the pans from top to bottom rack to bake cookies evenly. Bake another 6 to 8 minutes or until edges are lightly browned and a cake tester comes out clean. (Don't overbake them!) Cool on pans for 5 minutes, then transfer to a wire rack set over a sheet pan to cool completely.

4. For chocolate glaze: Place remaining 4 Tbsp. butter, the chocolate, and coffee in a heatproof bowl and microwave on high 30 seconds. Stir mixture and continue to microwave in 30-second increments until chocolate is almost melted, allowing residual heat to finish melting chocolate completely. Stir mixture vigorously until smooth. Turn

cookies so flat sides are up. Hold a cookie in your hand and, with a spoon, carefully pour chocolate glaze over half of the cookie, forming a line down the middle. Repeat for remaining cookies. Allow glaze to set 30 minutes.

5. For vanilla glaze: Whisk together confectioners' sugar, corn syrup, the remaining ½ tsp. vanilla extract, and 2 Tbsp. of the



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cream, adding the cream a few drops at a time until the glaze is smooth, thick, and barely pourable. Hold a cookie in your hand and, with a spoon, pour vanilla glaze over other half of the cookie right up to the chocolate glaze. You can smooth it out with an offset spatula if you need to. Repeat with remaining cookies. Allow glaze to set 30 minutes. Makes 10 cookies.

***TIP** "Instead of using a sifter, I place dry ingredients in a coarse wire strainer set over a bowl and tap the side of the strainer with my hand," Ina says.

PER COOKIE 492 cal, 23 g fat (14 g sat fat), 68 mg chol, 129 mg sodium, 70 g carb, 1 g fiber, 51 g sugars, 4 g pro

BOSTON CREAM PIE

The pastry cream and cakes can be made ahead and refrigerated separately, but prepare the glaze and assemble 1 hour before serving. Don't refrigerate the assembled cake before serving or beads of condensation will form on top.

HANDS-ON TIME 30 min.

TOTAL TIME 1 hr. 30 min., plus cooling

For pastry cream

- 1½ cups whole milk
- 5 extra-large egg yolks, at room temperature
- ¾ cup sugar
- ¼ cup cornstarch
- 1 Tbsp. unsalted butter
- 1 Tbsp. heavy cream
- 1 Tbsp. Grand Marnier
- 1 tsp. Cognac or brandy
- ½ tsp. pure vanilla extract

For cake

- ¾ cup whole milk
- 6 Tbsp. (¾ stick) unsalted butter
- 1½ tsp. pure vanilla extract
- ½ tsp. grated orange zest
- 1½ cups all-purpose flour
- 1½ tsp. baking powder
- 3 extra-large eggs, at room temperature
- 1½ cups sugar

For soak

- ⅓ cup freshly squeezed orange juice
- ⅓ cup sugar
- 1 Tbsp. Grand Marnier

For chocolate glaze

- ¾ cup heavy cream
- 1¼ cups semisweet chocolate chips (7½ oz.)
- 2 oz. good-quality bittersweet chocolate (such as Lindt), broken into pieces
- 2 Tbsp. light corn syrup
- 1 tsp. pure vanilla extract
- ½ tsp. instant coffee granules

1. For pastry cream: Scald the milk* in a medium saucepan. Beat the egg yolks and sugar in the bowl of an electric mixer fitted with the paddle attachment on medium-high 4 minutes, until very thick. Reduce the speed to low and add the cornstarch.

2. With the mixer on low, slowly pour the hot milk into the egg mixture. Pour the mixture back into the saucepan and cook over medium-low 5 to 7 minutes, stirring constantly with a wooden spoon, until the mixture starts to thicken. When the custard starts to clump on the bottom of the pan, stir constantly with a whisk to keep the custard smooth. (Don't beat it.) Cook over low until the custard is very thick (like pudding). If you lift some custard with the whisk, it should fall back onto itself in a ribbon.

3. Remove from heat, stir in the butter, heavy cream, Grand Marnier, Cognac, and vanilla. Whisk until smooth and transfer to a bowl. Cool 15 minutes. Place plastic wrap directly on the custard (not the bowl) and refrigerate until very cold, 1 to 2 hours.

4. Meanwhile, for cake: Preheat oven to 325°F. Butter two 9-inch round cake pans, line bottoms with parchment paper, butter and flour the pans, and tap out the excess flour.

5. Scald the milk* and butter in a small saucepan over medium. Remove from heat, add the vanilla and orange zest, cover pan, and set aside. Sift together the flour, baking powder, and 1½ tsp. kosher salt in a small bowl.

6. In the bowl of an electric mixer fitted with the paddle attachment, beat the eggs and sugar on medium-high about 4 minutes or until thick and light yellow and the mixture falls back onto itself

in a ribbon. By hand, first whisk in the warm milk mixture and then slowly whisk in the flour mixture. (Don't overmix.) Pour the batter evenly into the prepared pans. Bake about 25 minutes or until a toothpick comes out clean and top springs back when lightly touched. Allow the cakes to cool in the pans 15 minutes, then turn them out onto a baking rack, flipping them so the top sides are up. Cool cakes to room temperature.

7. For soak: Combine orange juice and sugar in a small (8-inch) sauté pan and heat until sugar dissolves. Remove from heat and add Grand Marnier; set aside.

8. For chocolate glaze: Combine the heavy cream, semisweet chocolate chips, bittersweet chocolate, corn syrup, vanilla, and coffee granules in a heatproof bowl set over a pot of simmering water. Stir occasionally with a wooden spoon just until chocolates melt. Remove from heat; set aside 25 to 30 minutes, stirring occasionally, until chocolate is thick enough to fall back on itself in a ribbon.

9. To assemble: Cut both cakes in half horizontally. Place the bottom of one cake on a flat plate, cut side up. Brush it with a third of the soak. Spread a third of the pastry cream on the cake. Place cake's top on the cream, cut side down, and repeat brushing with a third of the soak and a third of the pastry cream. Place the bottom of the second cake on top, cut side up. Repeat the brushing with remaining third of soak and remaining third of pastry cream. Place the second cake's top on the cream, cut side down. Pour the chocolate glaze on the cake, allowing it to drip down the sides. Set aside for 1 hour or until the chocolate sets. Cut into wedges and serve. Store any leftover cake in the refrigerator. Serves 8.

***TIP** To scald milk, heat it to just below the boiling point. There will be small bubbles around the edge of the milk. Don't let it boil.

EACH SERVING 830 cal, 37 g fat (21 g sat fat), 246 mg chol, 379 mg sodium, 119 g carb, 3 g fiber, 92 g sugars, 11 g pro

BITTERSWEET CHOCOLATE CAKE

"I'm always looking for a new chocolate cake because everyone loves them," Ina says. This dense, rich cake is somewhere between a chocolate torte and a molten cake, according to Ina.

HANDS-ON TIME 25 min.

TOTAL TIME 55 min.

- 15 Tbsp. unsalted butter (1 $\frac{7}{8}$ sticks), plus more to grease the pan**
- 7 oz. good-quality bittersweet chocolate (such as Lindt), broken into pieces**
- 1 cup sugar**
- 4 extra-large eggs, lightly beaten**
- $\frac{1}{2}$ tsp. instant coffee granules**
- $\frac{1}{2}$ tsp. kosher salt**
- $\frac{1}{4}$ cup all-purpose flour, plus more to flour the pan**
- Sweetened Whipped Cream (page 98) or vanilla ice cream**

1. Preheat the oven to 350°F. Butter and flour an 8-inch springform pan.

2. Place a large heatproof bowl over a pot of simmering water, making sure the water doesn't touch the bowl. Put the butter and chocolate in the bowl, stirring occasionally, until the chocolate melts. Take the bowl off the heat; set aside.

3. Whisk the sugar into chocolate mixture, then whisk in eggs, coffee, and salt until combined and smooth. Sprinkle on the $\frac{1}{4}$ cup flour and fold it in with a rubber spatula until flour is incorporated.

4. Pour batter into the prepared pan; place it on a sheet pan. Bake 30 to 40 minutes, until the top puffs and cracks and cake doesn't wobble when you jiggle the pan. Cool completely on a wire rack. (The cake will deflate as it cools.) Run a small knife around edge of cake and remove sides of springform pan. Cut cake into wedges and serve warm or at room temperature with Sweetened Whipped Cream. If desired, garnish with additional chocolate. Serves 8.

EACH SERVING 582 cal, 45 g fat (27 g sat fat), 187 mg chol, 118 mg sodium, 45 g carb, 2 g fiber, 37 g sugars, 6 g pro

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SALTED PISTACHIO MERINGUES

"Don't make meringues on a rainy day. They'll come out sticky," Ina says.

HANDS-ON TIME 40 min.

TOTAL TIME 2 hr. 20 min.

- 3 cups superfine or caster sugar (1 lb. 5 oz.)*
- 9 extra-large egg whites, at room temperature
- 1 tsp. pure vanilla extract
- 1/3 cup shelled roasted, salted pistachios, roughly chopped
- Fleur de sel

1. Arrange two racks evenly spaced in oven. Preheat oven to 400°F.
2. Line a sheet pan with parchment paper. Spread the sugar so it's an even thickness on the paper, leaving a border on the paper so the sugar doesn't spill onto the pan. Bake 8 to 10 minutes or until the edges start to brown lightly. (Watch carefully.) Remove pan and lower oven temperature to 250°F.
3. Meanwhile, place the egg whites in the bowl of an electric mixer fitted with the whisk attachment. Just before the sugar is ready, whisk egg whites on high speed for a minute or until frothy. With the mixer on low, slowly add the hot sugar to the egg whites. (Ina says, "I use a large spoon at first, then pick up the paper and pour the sugar in slowly.") Add the vanilla extract and continue to whisk on high 10 minutes or until the egg whites are room temperature. (The bowl may still be warm.) The meringue will be very thick and glossy.
4. Line two sheet pans with parchment paper. Using two large serving spoons, scoop six very large, messy oval dollops of meringue onto each prepared pan, spacing them out because they will expand while they bake. Sprinkle the pistachios on top. (Make sure your oven isn't above 250°F.) Bake 1 1/2 to 2 hours or until the outsides of the meringues are crisp but not browned (the centers will still be soft). Sprinkle with fleur de sel and cool. Makes 12 meringues.

***TIP** If you can't find superfine sugar, process granulated sugar in a food processor fitted with the steel blade for 5 minutes. Measure it after processing.

PER MERINGUE 225 cal, 2 g fat, 86 mg sodium, 51 g carb, 50 g sugars, 3 g pro

ENGLISH LEMON POSSET

HANDS-ON TIME 20 min.

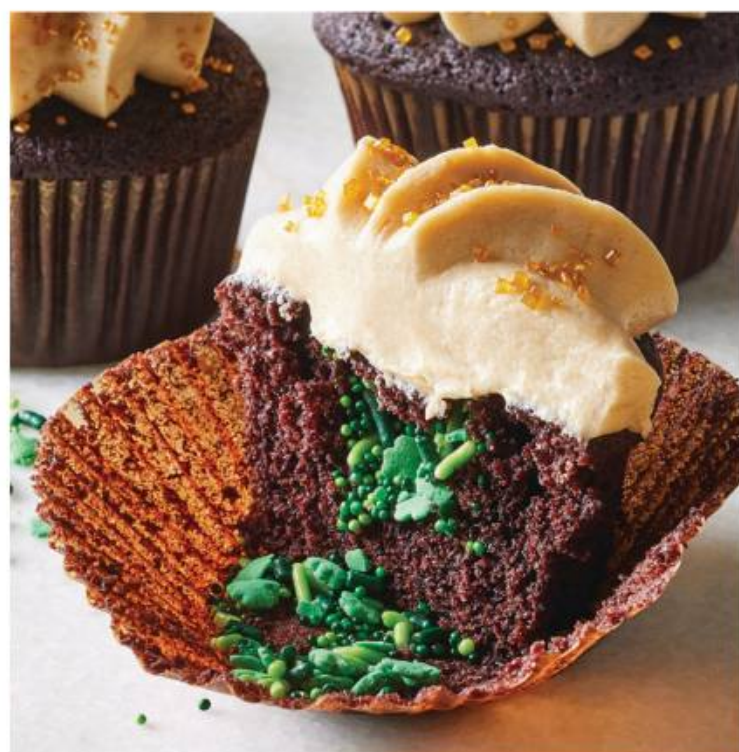
TOTAL TIME 3 hr. 40 min., includes chilling

- 3 cups heavy cream
- 1 cup plus 2 Tbsp. sugar
- 1 Tbsp. lemon zest (2 to 3 lemons)
- 1/4 tsp. kosher salt
- 1/3 cup lemon juice
- 4 Tbsp. limoncello liqueur
- 1 cup fresh raspberries
- 1 cup sliced fresh strawberries

1. Combine the cream, 1 cup of the sugar, the zest, and salt in a medium saucepan.* Bring to a boil over medium-high, stirring with a wooden spoon to dissolve the sugar. Lower heat to a vigorous simmer and cook 6 minutes, without stirring. (Watch the mixture carefully. If it begins to boil up toward the edge, take the pan off the heat for a few seconds before continuing to simmer.)
2. Off the heat, stir in the lemon juice and 2 Tbsp. of the limoncello; set aside 20 minutes. Strain mixture through a fine-mesh sieve into a 4-cup glass measuring cup, pressing on zest to release as much liquid as possible. Discard zest. Divide mixture evenly among six 8- to 10-oz. glasses or bowls. Refrigerate, uncovered, 3 hours or until firm. Or cover with plastic wrap and refrigerate up to 3 days.
3. Thirty minutes before serving, combine raspberries, strawberries, the remaining 2 Tbsp. sugar and limoncello in a bowl and allow to macerate. To serve, spoon the berries and their juices onto the custards. Serves 6.

***TIP** Don't use a saucepan smaller than 6 inches round and 5 inches tall.

EACH SERVING 597 cal, 44 g fat (28 g sat fat), 136 mg chol, 80 mg sodium, 47 g carb, 2 g fiber, 44 g sugars, 4 g pro



RECIPE FROM PAGE 12
SWEETLUCK

Recipe by Alissa McGeehan, the blogger
behind *Artfully Alissa*.

POT O' GOLD GUINNESS CHOCOLATE CUPCAKES

HANDS-ON TIME 1 hr.

TOTAL TIME 1 hr. 45 min.

- 2 cups all-purpose flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 cup butter
- 1 cup Guinness stout
- ¾ cup special dark cocoa powder (such as Hershey's)
- 1 Tbsp. instant coffee granules
- 1½ cups granulated sugar
- ½ cup packed brown sugar
- 2 tsp. vanilla
- 3 eggs
- ¾ cup sour cream
- 1½ cups butter, softened
- 5 cups powdered sugar
- 6 Tbsp. Irish cream liqueur or caramel-flavor coffee creamer
- ⅓ cup butterscotch-caramel sauce (such as Mrs. Richardson's)
- ½ cup assorted green and/or gold sprinkles

1. Preheat oven to 350°F. Line twenty-four 2½-inch muffin cups with cupcake liners. In a large bowl whisk together flour, baking soda, baking powder, and ¾ tsp. salt.
2. Melt the 1 cup butter in a saucepan over medium-low. Once melted,

remove from heat and stir in Guinness, cocoa powder, instant coffee, and granulated sugar. Continue stirring until smooth.

3. In the bowl of an electric mixer combine brown sugar and 1 tsp. of the vanilla. Add melted butter mixture and beat on medium-low until cooled. Reduce to low. Add eggs one at a time, beating after each addition until eggs are incorporated.

4. With mixer on medium, add flour mixture alternately with sour cream, beating until combined and scraping down the sides of the bowl as necessary. Divide batter evenly among muffin cups. (They will be nearly full.)

5. Bake 18 to 20 minutes or until a toothpick inserted in the centers comes out clean. Let cool in pans 5 minutes; remove to wire rack. Let cool.

6. For frosting: In the bowl of an electric mixer beat the softened butter on medium-high until creamy. Reduce speed; add powdered sugar, liqueur, caramel sauce, and the remaining 1 tsp. vanilla. Increase speed to medium-high; beat until frosting is smooth and fluffy.

7. Push the large end of a large pastry tip into center of each cupcake, twist to remove a plug of cupcake; set plugs aside. Fill each cupcake with approximately 1 tsp. of the sprinkles. Trim off half the cupcake plugs and place in holes to seal in sprinkles. Pipe or frost cupcakes. Makes 24 cupcakes.

PER CUPCAKE 395 cal, 23 g fat (15 g sat fat), 79 mg chol, 328 mg sodium, 43 g carb, 1 g fiber, 34 g sugars, 3 g pro

RECIPES FROM PAGES 60–66

COMFORT FOOD MAKEOVERS

Recipes by Gina Homolka, author of
Skinnytaste Meal Prep.

ITALIAN CHICKEN MEATBALLS

Gina recommends ground chicken with a bit of fat (5 percent). Using all breast meat can result in dry meatballs.

TOTAL TIME 35 min.

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- 1 lb. 95% lean ground chicken
- $\frac{2}{3}$ cup freshly grated Pecorino Romano cheese
- $\frac{1}{2}$ cup packed frozen riced cauliflower (3½ oz.)
- $\frac{1}{4}$ cup chopped fresh parsley
- 1 large egg
- 1 Tbsp. tomato paste
- 2 garlic cloves, minced
- 3 garlic cloves, crushed with the side of a knife
- 1 28-oz. can crushed tomatoes with basil (such as Tuttorosso)
- 1 bay leaf
- Crushed red pepper flakes (optional)
- Hot cooked spiralized zucchini and/or pasta
- Fresh basil (optional)
- Grated Pecorino Romano (optional)

1. For the meatballs: Adjust an oven rack to the second highest position and preheat the broiler to high. Line a large baking pan with foil and coat with olive oil cooking spray.

2. In a medium bowl combine ground chicken, Pecorino Romano, cauliflower, parsley, egg, tomato paste, minced garlic, and $\frac{1}{2}$ tsp. kosher salt. Mix with wet hands. Gently form into 12 meatballs using a scant $\frac{1}{4}$ cup each. Transfer to the baking pan. Broil until tops are golden, 8 to 10 minutes.

3. For the sauce: In a large pot heat 1 tsp. olive oil over medium. Add the crushed garlic and cook until golden. Carefully add crushed tomatoes, $\frac{1}{4}$ tsp. kosher salt, the bay leaf, and, if using, crushed red pepper flakes. Bring to a boil. Lower heat and simmer, covered, 5 minutes.

4. Gently add meatballs to the pot of sauce. Reduce heat to low and cook, covered, until meatballs are tender and cooked through (165°F), about 10 minutes more. Discard bay leaf. Serve meatballs and sauce over spiralized zucchini and/or pasta. If desired, garnish with basil and additional Pecorino Romano. Serves 4.

EACH SERVING 349 cal, 16 g fat (5 g sat fat), 156 mg chol, 1,165 mg sodium, 23 g carb, 4 g fiber, 12 g sugars, 30 g pro



TURKEY POT PIES

To level up your piecrust, sprinkle rolled out pastry with fresh herbs, such as sage or thyme leaves, and gently roll over the herbs with a rolling pin to press them into the pastry.

HANDS-ON TIME 40 min.

TOTAL TIME 1 hr. 30 min.

- 1 large shallot, chopped
- 3 Tbsp. chopped fresh parsley
- 1 Tbsp. chopped fresh thyme
- 1 Tbsp. chopped fresh sage
- $\frac{3}{4}$ cup chopped celery
- 1 cup frozen mixed vegetables
- $2\frac{1}{4}$ cups turkey or chicken broth
- $\frac{1}{2}$ tsp. chicken or turkey bouillon
- 3 cups diced cooked turkey or chicken breast, skin removed
- $2\frac{1}{2}$ Tbsp. cornstarch
- $\frac{1}{2}$ of a pkg. refrigerated piecrust (about 7 oz.)
- 1 large egg, beaten

1. In an extra-large nonstick skillet heat $1\frac{1}{2}$ tsp. olive oil over medium. Add shallot, parsley, thyme, and sage; cook until fragrant and shallot is almost soft, 2 to 3 minutes. Add celery and cook until soft, 3 to 5 minutes. Add frozen vegetables, 2 cups of the broth, the bouillon, $\frac{1}{2}$ tsp. kosher salt, and $\frac{1}{8}$ tsp. freshly ground black pepper; bring to a boil. Simmer 5 minutes, stirring frequently. Add turkey.

2. Meanwhile, combine the remaining $\frac{1}{4}$ cup broth with the cornstarch in a bowl and mix well to dissolve. Add to mixture in skillet and cook over medium-

low, stirring until thickened, about 2 minutes. Remove from heat and transfer to four 4- to 5-inch individual baking dishes.* Place on a sheet pan and let filling cool completely.

3. Preheat oven to 400°F. Roll out piecrust and cut out four rounds slightly larger than each baking dish, about 6 inches, rerolling and piecing scraps together as necessary. Place each piece over the filling. Crimp or fold the edges and poke holes in the dough with a knife. Brush with egg and immediately bake about 35 minutes, or until the crust is golden. Makes 4 mini pies.

***TIP** For a full-size pie, pour the filling into a pie plate or a 1½-qt. casserole dish, and don't cut piecrust into rounds. Vent and bake as directed.

PER PIE 505 cal, 20 g fat (7 g sat fat), 121 mg chol, 876 mg sodium, 44 g carb, 3 g fiber, 2 g sugars, 38 g pro

MACARONI AND CHEESE WITH CASHEW CREAM

This recipe is easy to adjust for food intolerances or diets. Substitute gluten-free macaroni, use dairy-free butter and cheddar (Gina recommends Violife brand), or substitute dairy-free Parmesan (Go Veggies is Gina's go-to) or nutritional yeast.

TOTAL TIME 25 min.

- $\frac{1}{2}$ cup raw cashews
- 8 oz. whole grain macaroni elbows or other short pasta
- $2\frac{1}{2}$ cups small broccoli florets
- 1 tsp. butter
- 1 cup shredded cheddar cheese
- $1\frac{1}{2}$ Tbsp. grated Parmesan or nutritional yeast*
- $\frac{1}{4}$ tsp. garlic powder
- $\frac{1}{4}$ tsp. onion powder
- $\frac{1}{4}$ tsp. dry mustard powder
- Toasted Bread Crumbs (optional; page 107)

1. For cashew cream: In a blender combine cashews and 1 cup water. Blend on high until very smooth, about 2 minutes. (If not using a high-speed blender, soak your cashews in boiling water 2 to 4 hours before blending.)



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INGREDIENTS

- 1 pkg (8 oz) plain cream cheese, room temperature
- 2 tsp vanilla extract
- 1/2 cup icing sugar, sifted
- 1 cup M&M'S® Minis, divided
- 1 cup graham cracker crumbs, divided

INSTRUCTIONS

1. Using electric mixer, beat cream cheese and vanilla until light and fluffy. Beat in icing sugar until smooth. Fold in 1/2 cup M&M'S® Minis and 1/3 cup graham crumbs; freeze for 10 minutes.

2. Scoop into 24 portions and roll into 1-inch balls. Coat in remaining M&M'S® Minis and graham cracker crumbs. Refrigerate for 1 to 2 hours or until firm.

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2. Cook pasta according to package directions. Add broccoli for last 2 minutes of cooking. Drain, reserving 1 cup of the cooking liquid.

3. In the same pot, heat butter over low. Add cashew cream, cheddar cheese, Parmesan, garlic powder, onion powder, mustard powder, and ½ tsp. *kosher salt*. Whisk constantly until cheddar is melted, 1 to 2 minutes. Remove from heat. Add pasta to pot and stir, adding enough of the reserved cooking liquid until creamy. Adjust salt as needed. If desired, top with Toasted Bread Crumbs. Serves 4.

***TIP** Nutritional yeast is a dairy-free ingredient often used as a substitute for Parmesan.

EACH SERVING 429 cal, 20 g fat (8 g sat fat), 32 mg chol, 319 mg sodium, 50 g carb, 8 g fiber, 4 g sugars, 20 g pro

TOASTED BREAD CRUMBS In a large skillet melt 1 Tbsp. *butter* over medium. Add ½ cup *panko*. Cook and stir 2 to 3 minutes or until toasted. Remove from heat. Stir in 1 Tbsp. chopped *fresh herb*, such as flat-leaf parsley, thyme, rosemary, or basil.

OPEN-FACE CHEESESTEAKS

TOTAL TIME 25 min.

- 8 oz. whole wheat baguette or Italian bread, halved lengthwise
- 10 oz. beef sirloin steak, cut into ¼-inch-thick strips
- ½ tsp. garlic powder
- 1 cup thin onion slices
- 1 cup green bell pepper slices
- 8 oz. sliced fresh mushrooms
- 4 to 8 slices provolone cheese (¾ oz. each)

1. Adjust oven rack 6 inches from the heating element. Preheat broiler on low. Cut each baguette piece in half crosswise. Scoop out some of the bread from the center

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of each, leaving thick walls. Place bread cut side up on a baking sheet.

2. Season steak with the garlic powder, $\frac{1}{2}$ tsp. *kosher salt*, and $\frac{1}{4}$ tsp. *freshly cracked black pepper*. Heat a large skillet over medium-high. Coat with *olive oil cooking spray* and add half of the steak, making sure not to crowd the pan. Cook 1 minute until browned, then turn and cook an additional 30 seconds. Set aside in a large dish. Repeat with the remaining steak. Wipe skillet clean.

3. Reduce heat to medium, add 1 tsp. *olive oil* to skillet; add onion and bell pepper and season with a pinch of salt and black pepper. Cook 2 to 3 minutes, or until vegetables are soft and slightly browned. Add to steak.

4. Add an additional $\frac{1}{2}$ tsp. *olive oil* to skillet. Add mushrooms; season with a pinch of salt. Cook, stirring, 3 to 4 minutes or until soft. Remove from heat; stir in steak, onions, and peppers.

5. Mound steak and vegetables evenly onto bread and top with cheese. Heat under the broiler until cheese melts, about 2 minutes. Serves 4.

EACH SERVING 338 cal, 11 g fat (5 g sat fat), 53 mg chol, 544 mg sodium, 36 g carb, 4 g fiber, 4 g sugars, 25 g pro

RECIPES FROM PAGES 68-75

FAMILY RECIPE BOX

Recipe by Carrie Nahabedian, co-owner and executive chef at Chicago's Brindille.

SOU BOUREK

HANDS-ON TIME 45 min.

TOTAL TIME 3 hr. 50 min., includes cooling

- 3** eggs
- $1\frac{1}{2}$ to 2 cups** all-purpose flour
- 2** lb. brick Muenster or Monterey Jack cheese, shredded
- 1** lb. small curd cottage cheese
- 4** eggs, lightly beaten
- $\frac{1}{2}$ cup** chopped fresh flat-leaf parsley
- $\frac{1}{2}$ cup** melted butter

1. For dough: Crack the three eggs into a large bowl and beat with a whisk

attachment until fluffy, about 4 minutes.

Add a nice pinch of *kosher salt* and 1 Tbsp. *extra virgin olive oil*; beat 1 minute more. By hand, stir in $1\frac{1}{2}$ cups of the flour. (Dough should be sticky.) On a lightly floured surface knead in more of the remaining $\frac{1}{2}$ cup flour until it is a soft, silky dough and makes a smooth ball. Divide dough into six equal portions and shape into balls. Place them, not touching, on a sheet pan or the counter; cover with a towel and let rest for at least 2 hours.

2. For noodles: Bring a large pot of salted water to boiling. Using additional flour on the work surface as needed, roll out each dough portion into a thin round, approximately 10 inches in diameter. (It is a very fragile dough; use more flour as needed.) Plunge a dough round into boiling water for 30 seconds. Use a slotted spoon to carefully remove and plunge into cold water. Pat dry with paper towels; set aside. "I like to drizzle them with a bit of olive oil to prevent sticking," Carrie says. Repeat with remaining rounds.

3. Preheat oven to 350°F. Generously butter a 13×9-inch ovenproof dish. In a very large bowl, mix shredded cheese and cottage cheese together with the four beaten eggs. Divide cheese mixture into two bowls; stir parsley into one.

4. Place two noodles in the prepared dish, overlapping slightly; brush with some of the melted butter. Spread the cheese-parsley mix over the noodles. Top with two more noodles. Brush with some of the remaining melted butter. Spread plain cheese mixture over noodles. Top with the remaining noodles and brush with remaining butter. Dot the top of the dish with additional pieces of butter. Bake 40 to 50 minutes or until the top is golden brown and filling is bubbly. Let cool before cutting into squares. Serves 8.

EACH SERVING 755 cal, 56 g fat (33 g sat fat), 317 mg chol, 1,083 mg sodium, 22 g carb, 1 g fiber, 4 g sugars, 41 g pro

Recipe by Hawa Hassan, coauthor of
In Bibi's Kitchen.

SUUGO SUQAAR

HANDS-ON TIME 30 min.

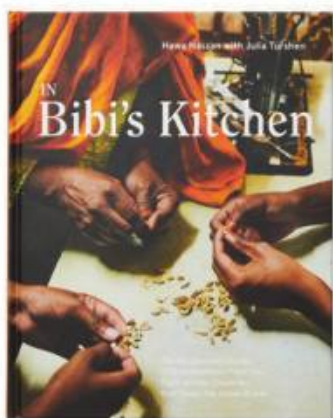
TOTAL TIME 1 hr.

- 2 garlic cloves, minced
- 1 small green bell pepper, seeded and finely chopped
- 1 small red onion, finely chopped
- 1 lb. lean ground beef
- 3 Tbsp. Xawaash Spice Mix (below)
- 2 Tbsp. tomato paste
- 1 28-oz. can diced tomatoes
- Cooked spaghetti (or whatever shape pasta you like) and coarsely chopped cilantro

1. Heat 3 Tbsp. *extra virgin olive oil* or *canola oil* in a large skillet over medium-high. Add the garlic, bell pepper, and onion. Cook, stirring occasionally, until the vegetables begin to soften, 5 to 8 minutes. Add the beef, Xawaash, and 1 tsp. *kosher salt*. Cook, stirring occasionally to break up beef, until meat is browned, 10 to 15 minutes.

2. Add tomato paste and tomatoes with their juices. Fill tomato can halfway with *water* and add it to the pot. Stir well to combine, being sure to scrape up any bits stuck to the bottom of the skillet. Increase heat to high and bring sauce to a boil. Then decrease to low and simmer, stirring occasionally as sauce cooks, for 30 minutes. If desired, season sauce to taste with additional salt. Serve over hot cooked spaghetti with cilantro sprinkled on top. Leftovers can be stored in an airtight container in the refrigerator up to a few days and rewarmed in a heavy pot over low heat (stir while you heat). Serves 4.

XAWAASH SPICE MIX Place one 2-inch piece *cinnamon stick* in a small zip-top plastic bag, seal it, and bang it a couple times with a rolling pin, skillet, or mallet (anything firm and heavy) to break it into small pieces. Place cinnamon pieces, ½ cup *cumin seeds*, ½ cup *coriander seeds*, 2 Tbsp. *black peppercorns*,



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6 *cardamom pods*, and 1 tsp. *whole cloves* in a small heavy skillet over medium. Cook, stirring occasionally, until very aromatic and spices are lightly toasted, about 2 minutes. Let cool. Transfer mixture, in batches if necessary, to a clean coffee grinder and grind into a fine powder. (Or use a mortar and pestle and some elbow grease.) Transfer ground spices to a fine-mesh sieve set over a bowl and sift. Regrind whatever large pieces remain in sieve and add them to the bowl with ground spices. Add 2 Tbsp. *ground turmeric*. Whisk well to combine. Store in an airtight jar in a cool, dark place up to 6 months. Makes 1¼ cups.

EACH SERVING 435 cal, 32 g fat (9 g sat fat), 78 mg chol, 770 mg sodium, 15 g carb, 4 g fiber, 7 g sugars, 23 g pro

Recipes by Erin Jeanne McDowell,
author of *The Book on Pie*.

PURE RHUBARB CRUMBLE PIE

You can substitute frozen sliced rhubarb for the 6 cups fresh rhubarb—no need to thaw. Cook about 10 minutes in Step 1.

HANDS-ON TIME 20 min.

TOTAL TIME 4 hr. 5 min., includes cooling

- 6 cups thickly sliced rhubarb
- 1½ tsp. vanilla extract
- 1¼ cups granulated sugar
- ¼ cup cornstarch
- ½ tsp. freshly grated nutmeg or ¼ tsp. ground nutmeg
- ½ cup old-fashioned oats
- ½ cup all-purpose flour
- 2 Tbsp. whole wheat flour
- ¼ cup light brown sugar
- ¼ tsp. baking powder
- ¼ tsp. ground cinnamon
- 4 Tbsp. cold butter, cut into ½-inch cubes
- All-Buttah Pie Dough (page 110), parbaked
- Whipped cream or ice cream (optional)

1. For rhubarb filling: In a large pot, toss the sliced rhubarb, vanilla, and ½ cup of the sugar to combine.

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10 LAYERS OF WHEAT IN EVERY BITE



cookbook

Cook over medium, tossing occasionally, until rhubarb starts to soften slightly, 5 to 7 minutes.

2. In a small bowl whisk the remaining $\frac{3}{4}$ cup sugar, the cornstarch, nutmeg, and a pinch of *fine sea salt* to combine. Sprinkle sugar mixture evenly over rhubarb and mix well to combine.

Cook, stirring frequently, until mixture gently bubbles from the center of the pot. Let cool completely before preparing the pie.

3. For the streusel: In a medium bowl stir the oats, all-purpose flour, whole wheat flour, brown sugar, baking powder, cinnamon, and $\frac{1}{4}$ tsp. fine sea salt to combine. Rub butter into the flour mixture with your fingers until the mixture forms large clumps.

4. Preheat oven to 375°F. Place pie plate with the parbaked piecrust on a parchment-lined baking sheet. Spoon rhubarb filling evenly into the crust. Top with the streusel.

5. Bake until filling bubbles and crust and streusel are deeply and evenly golden brown, 45 to 55 minutes. Cool completely. If desired, serve with whipped cream or ice cream. Serves 8.

STRAWBERRY-RHUBARB PIE

Replace 3 cups of the sliced rhubarb with 3 cups quartered fresh strawberries. Add an additional 2 Tbsp. cornstarch in Step 2.

EACH SERVING 457 cal, 18 g fat (11 g sat fat), 46 mg chol, 227 mg sodium, 70 g carb, 4 g fiber, 37 g sugars, 5 g pro

ALL-BUTTAH PIE DOUGH

HANDS-ON TIME 15 min.

TOTAL TIME 45 min.

$\frac{1}{4}$ cups all-purpose flour

$\frac{1}{2}$ cup cold unsalted butter, cut into $\frac{1}{2}$ -inch cubes

$\frac{1}{4}$ cup ice water, plus more as needed

1. In a large bowl whisk together flour and $\frac{1}{4}$ tsp. *fine sea salt*. Add the butter, tossing the cubes through the flour until each piece is

well-coated. Cut the butter into flour by pressing the pieces between your fingers, flattening the cubes into big shards. As you work, continue to toss the butter through the flour, recoating the shingled pieces, just until the pieces of butter are about the size of walnut halves.

2. Make a well in center of the flour mixture. Start by adding $\frac{1}{4}$ cup ice water and tossing the flour mixture gently with your hands (rather than stirring) to hydrate the flour without overworking it and creating too much gluten. Add water, 1 Tbsp. at a time, until the dough is uniformly combined and holds together easily; it won't look totally smooth.

3. Form dough into a disk and wrap tightly in plastic wrap. Refrigerate at least 30 minutes and up to 2 days.

4. Once well chilled, roll out dough on a lightly floured surface until it's about $\frac{1}{4}$ inch thick, rotating it as you work to help prevent sticking. Gently roll dough around your rolling pin, then unfurl it into the pie plate.

5. Trim away the excess dough, leaving about $\frac{1}{2}$ inch all the way around outside edge of pie plate. Tuck dough under to be flush with the outer rim of pie plate. Crimp edges as desired.

6. To parbake: Use a fork to prick crust all over base and sides, then refrigerate at least 30 minutes. Preheat oven to 425°F. Cut a square of parchment paper slightly larger than the pie plate and press it into base of chilled crust. Fill with pie weights (such as dried beans) to the brim. Place pie plate on a parchment paper-lined baking sheet. Bake until edges begin to lightly brown, 15 to 17 minutes. Remove

parchment and pie weights and bake until the lower portion of the crust appears dry and set, 2 to 3 minutes more. Let cool completely before filling. Makes one single crust.

MAKE AHEAD Make dough, wrap tightly, and refrigerate up to 2 days. For longer storage, wrap in plastic wrap



THE BOOK ON PIE
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then heavy foil and freeze up to 3 months. Thaw overnight in refrigerator, then let stand at room temperature to soften slightly.



Recipe by Aarón Sánchez, chef and owner of Johnny Sánchez in New Orleans.

ZARELA'S PINEAPPLE-GINGER WINGS

HANDS-ON TIME 35 min.

TOTAL TIME 1 hr. 40 min.

- ½ cup pineapple juice
- ¼ cup orange juice
- ¼ cup lime juice
- ¼ cup soy sauce
- ¼ cup grape-seed or vegetable oil
- 1 tsp. ground coriander
- ½ cup chopped fresh cilantro
- 4 garlic cloves
- 1 serrano pepper
- 1 2-inch piece peeled fresh ginger
- 4 lb. chicken wings, cut at joints and tips discarded (24 to 28 wings)
- 3 green onions, thinly bias-sliced
- 2 Tbsp. white sesame seeds, toasted

1. Set an oven-safe wire rack in a rimmed sheet pan, or line the pan with parchment paper.

2. In a large bowl whisk together the juices, soy sauce, oil, coriander, and 1 tsp. *kosher salt*. Fold in the cilantro. Using a Microplane, grate garlic, serrano, and ginger into bowl. Season with *freshly ground black pepper*.

3. Set aside half of the sauce in a small saucepan. Toss the wings in remaining sauce to coat; marinate 15 to 20 minutes. (If you marinate any longer, the pineapple juice will start to “cook” the meat.) Meanwhile, preheat oven to 225°F.

4. Arrange wings in a single layer on rack or parchment, cover with foil, and bake 30 minutes. Meanwhile, cook the reserved sauce in saucepan over medium-low, stirring occasionally, until reduced by about half, about 30 minutes.

5. Remove foil from wings and increase oven temperature to 425°F. With a brush or spoon, glaze wings with the reduced sauce. Bake 25 to 30 minutes more or until an instant-read thermometer registers 165°F. Glaze the wings once more as soon as they're out of the oven.

6. Sprinkle green onions, toasted sesame seeds, and additional chopped fresh cilantro over wings. Serve warm. Serves 4.

EACH SERVING 641 cal, 44 g fat (11 g sat fat), 288 mg chol, 902 mg sodium, 8 g carb, 1 g fiber, 3 g sugars, 51 g pro ■

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Q
Is it safe to wear a mask while I exercise?

A Yes, it's safe. Some people worry that a mask interferes with breathing, but a new study says no. Scientists had people ride a bike while wearing a surgical or cloth mask, or no mask. They found no difference between oxygen level, heart rate, and performance. For comfort, look for a moisture-wicking fabric like nylon. One option: Asics Runners Mask (\$40; asics.com).

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M20 011 01

WHY EVERYONE NEEDS SNACK TIME

Snacking sometimes gets a bad reputation, but nutritionists actually love it done right. Five reasons you should enjoy between-meal nibbles and what to eat to reap the biggest benefits.

SNACK SMARTS

A healthy, satisfying snack should have at least 3 grams of fiber per serving.

IT'S AN OPPORTUNITY FOR MORE NUTRITION

It's time to rethink the purpose of a snack, says NYC dietitian Samantha Cassetty, M.S., R.D., coauthor of *Sugar Shock*. A snack doesn't merely satisfy a craving; it's also a way to get nutrients from fruits, vegetables, or whole grains. "You may

not get every single vitamin and mineral and enough fiber at all three meals," Cassetty says. "A snack helps you amp up your daily nutrient intake."

► SNACK ON THIS

Cassetty suggests a snack that includes a fruit or vegetable and another nutrient-rich food that has healthy fat or protein to keep you satisfied. "With that formula you can go in a number of different directions," she says. Think: pumpkin seeds and a banana, grape tomatoes and cheese on whole grain

crackers, fresh berries and yogurt, or cinnamon-sprinkled apples with either a nut or seed butter.

IT HELPS STOP OVEREATING

"When you skip a meal or go a long time without eating, your body shifts into survival mode and craves food, which may cause you

to overeat beyond fullness at the next meal," says Valerie Agyeman, R.D., founder of Flourish Heights Women's Nutrition and Wellness. She suggests listening to your body's hunger cues (a growling stomach, hunger that doesn't dissipate). "Ultimately, you want to make sure your meals and snacks satisfy your hunger and nutritional needs," Agyeman says.

► SNACK ON THIS

"Yogurt is a nutritious, satiating option," Agyeman says. "It has protein, calcium, vitamins, and probiotics, which can enhance the gut microbiome." Avoid yogurts with added sugar (check nutrition info on the label) or opt for plain and punch up the flavor with berries, raw honey, cinnamon, unsweetened coconut, or your favorite low-sugar add-ins. Some savory choices: grape tomatoes, nuts, plantain chips.

IT CAN KEEP YOU FROM GETTING HANGRY

You know that cranky feeling you get, and you realize it's been a while since you've eaten? That's a drop in blood sugar, which affects mood as well as energy. Regular snacking helps keep blood sugar stable throughout the day, Agyeman says.

► SNACK ON THIS

A combo of a complex carb and protein is the way to go. Complex carbs (whole grains, high-fiber fruits and veggies) are digested more slowly than simple carbs so they prevent blood sugar dips. Protein slows the rate carbs break down, helping your blood sugar (and energy) stay steady.

SNACK SMARTS

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SNACK SMARTS

Keep a stash of fruit at the ready so you're more likely to choose it.

IT CAN HELP YOU SLEEP

A growling stomach is a surefire sleep stopper. That's when the after-dinner snack comes into play. Yes, it can be sweet, says Amy Gorin, M.S., R.D.N., a Connecticut-based dietitian. Eating after dinner may seem like a no-no, but Gorin says it's OK as long as you save some of your daily calorie quota for then and practice portion control.

► **SNACK ON THIS**

Try a dessert-like bite that includes protein (milk, cheese, light ice cream), fiber (berries), or a healthy fat (chocolate nut butter paired with apple slices). Gorin's favorite: a decaf latte with a dash of unsweetened cocoa powder and five or six prunes. "I'm getting protein from the milk, plus the natural sweetness, vitamins, minerals in the prunes," she says. Another fave: blackberries or raspberries sprinkled with nutmeg and 2 Tbsp. almonds, walnuts, or pistachios.

IT CAN GIVE YOU ENERGY TO STAY FOCUSED

Despite what generations have grown up hearing, eating candy and other sugar-laden foods doesn't actually give you a jolt of energy to power through an activity or task. "Studies

show the opposite: People experience more fatigue and less focus when they eat sugary foods," Cassetty says. What you need is a snack that delivers steady energy to help you stay productive. That means produce and protein or healthy fat—all of which your body digests slowly.

► **SNACK ON THIS**

"When I need an afternoon snack, I'll typically eat a combo of a fruit and nuts or seeds, like grapes and walnuts or a clementine and pumpkin seeds," Cassetty says.



SNACK SMARTS

All nuts are good, but research shows that walnuts in particular may help regulate cravings.

SNACK ATTACK

DIG INTO THESE EATS

Sometimes a packaged snack is the easiest thing to reach for, and there are many healthy options. But look at the ingredient list: The shorter, the better, and most—if not all—the ingredients should be whole foods. A few top picks:

BELGIOIOSO FONTINA SNACKING CHEESE

Each $\frac{3}{4}$ oz. package has 5 g of protein.

ANGIE'S BOOMCHICKAPOP LIGHT KETTLE CORN

Whole grain popcorn satisfies a sweet tooth and a salty craving.

BIENA CHICKPEA SNACKS SEA SALT

You get 6 g of protein and fiber, plus potassium and iron.

BARE SNACKS FRUIT & VEGGIE CHIPS

A take-anywhere serving of crunchy fruits and vegetables.

KIND MINIS DARK CHOCOLATE CHERRY CASHEW

Tastes like a candy bar but has only 2 g of added sugar.

BLUE DIAMOND NUT-THINS

Crackers made with almond and rice flour provide a hit of protein; each serving has 3 g. ■

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15 minutes to **calm**

Whenever you feel stressed, slow down and do these yoga and breathing exercises to recenter yourself. You can do one or two moves or combine them all as a routine.



Feeling stressed is as much a physical response as it is an emotional one: Your stomach churns, your heart pounds, you might feel nauseous or dizzy, or you might get a headache. So what can you do to stay calm and grounded even when everything seems to be spinning out of control?

Noticing when you're starting to feel anxious and taking a breath is a huge first step, says Kia Miller, a yoga and meditation instructor in Los Angeles. These yoga moves can also provide physical and mental relief. Do them the moment you start to feel tense or daily to weather whatever comes your way.



crocodile

Begin facedown on the floor with arms folded, head resting on hands, legs slightly apart. Close your eyes and breathe in and out slowly for eight to 10 counts.

WHY IT HELPS Lying facedown allows you to breathe from your belly (diaphragm) more deeply, which soothes tension in the body.



cat-cow

Begin on all fours with knees under hips and wrists under shoulders. Inhale as you lower your spine while lifting tailbone, chin, and chest. As you exhale, round spine up while tucking tailbone and chin. Repeat eight to 10 times.

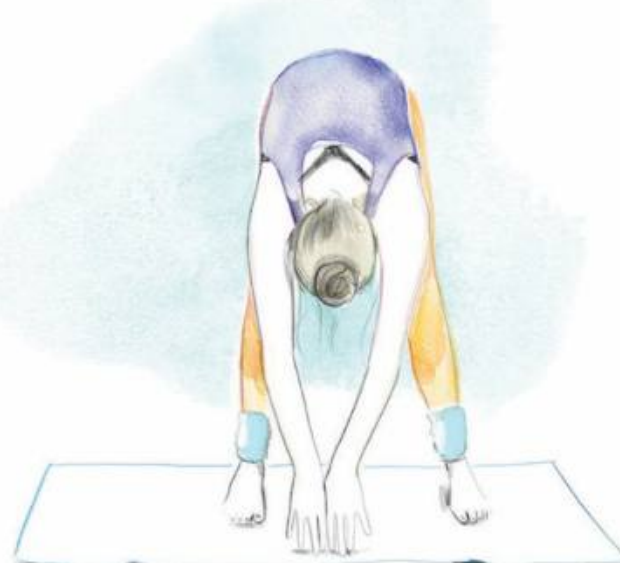
WHY IT HELPS Being conscious of your breath as you move brings awareness to your body and helps mitigate stress.



modified waterfall

Lie on the floor in front of a chair or sofa with your knees bent so your calves rest on the seat, arms at your sides. Close your eyes and breathe evenly for eight to 10 counts.

WHY IT HELPS Lying down with legs up helps you relax and recenter.



forward bend

Stand with feet hip distance apart, arms at sides. Inhaling, hinge forward from the hips, then reach hands toward the floor or grasp opposite elbows. Hold and inhale for four counts, exhale for six.

WHY IT HELPS Bringing your head lower than your heart immediately helps slow your breathing.

LISTEN TO YOUR HEART

.....

You may think stress is all in your head, but your heart also plays a big part. "When you start to feel stressed, frustrated, or anxious, there are noticeable changes in your heart rate pattern," says Deborah Rozman, Ph.D., president of HeartMath Inc. "The key is to be able to reboot your system by modifying that physical response."

Try this heart-focused breathing exercise next time you feel anxious: Place one hand over your heart and shift your attention to that area. Close your eyes and slowly breathe in and out through your nose. As you exhale, concentrate on a positive feeling or image—a happy memory, a loved one, a pet. Stay with that feeling as you continue to breathe evenly for 30–60 seconds.

RESOURCES

For a free online video program with additional stress-reducing techniques, go to heartmath.com/experience. And check out glo.com for more calming yoga workouts. ■

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preventing lyme disease

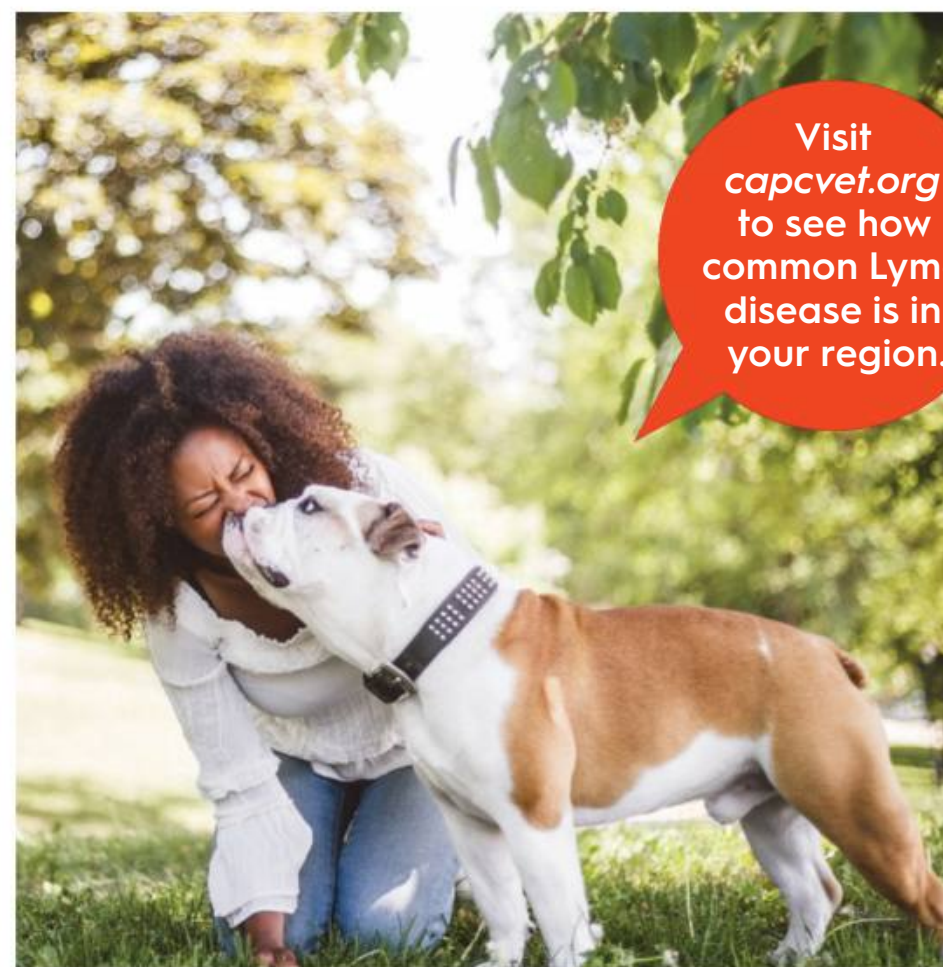
It's not only a people problem. Lyme can also affect dogs and cats. It's a year-round issue in many areas, so pet owners need to be vigilant about protective steps.

WHAT'S THE RISK

The bacteria that cause Lyme disease are carried by deer ticks that tend to hang out along hiking trails, the margins of yards, and roads. So basically any animal that goes outdoors where Lyme disease is prevalent is at risk. When it comes to pets, Lyme disease is more commonly diagnosed in dogs, but ticks are an equal-opportunity biter and will latch onto a cat just as they would a dog, horse, cow, or human, says Andrew Eschner, D.V.M., regional director of Veterinary Professional Services for Boehringer Ingelheim Animal Health. In areas where ticks, Lyme, and other tick-borne infections are prevalent, it may be beneficial to put your pet on a tick-prevention treatment year-round.

PREVENTION OPTIONS

The goal is to stop ticks from latching onto your pet in the first place or to kill them if they do. Several options can provide that protection, including topical solutions, collars, and newer oral meds. If you're concerned



Visit
capcvet.org
to see how
common Lyme
disease is in
your region.

about Lyme disease, ask your vet about a Lyme vaccination for your dog, Eschner says.

IF YOUR PET GETS A TICK

It takes 36 to 48 hours for a tick to transmit the bacteria, so regularly checking your pet can help prevent transmission, says Emilio DeBess, D.V.M., state public health veterinarian for Oregon. Ask your vet how to remove a tick. Don't yank it out with your fingers, burn it off, or cover it with a chemical—all of which can injure your pet (and you) and leave parts of the tick behind.

Often a Lyme test isn't done until symptoms appear—loss

of appetite, limping, joint swelling, and/or fatigue—but tests for antibodies associated with a Lyme infection can be done two to four weeks after a bite. (If you notice symptoms before that, see the vet ASAP.) If the test is positive, treatment will probably entail up to 30 days of antibiotics.

Even if you never find a tick on your pet, keep an eye out for signs of Lyme and other tick-borne infections; leaving them untreated has serious risks, including arthritis and kidney or even heart damage. If you live where ticks are common, your vet may want to periodically test for Lyme and other diseases. ■

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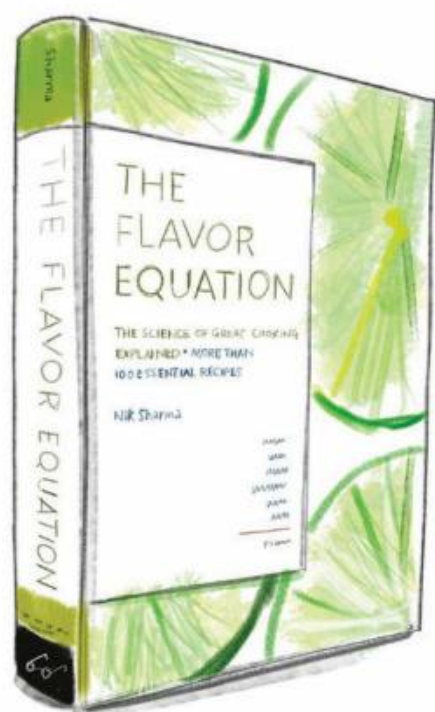
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latest project

In his second cookbook, *The Flavor Equation: The Science of Great Cooking Explained*, Nik shares the concepts and principles behind flavors, how to use them in everyday cooking, and recipes to demonstrate. "Knowing why a dish works makes you a more confident cook." \$35; chroniclebooks.com

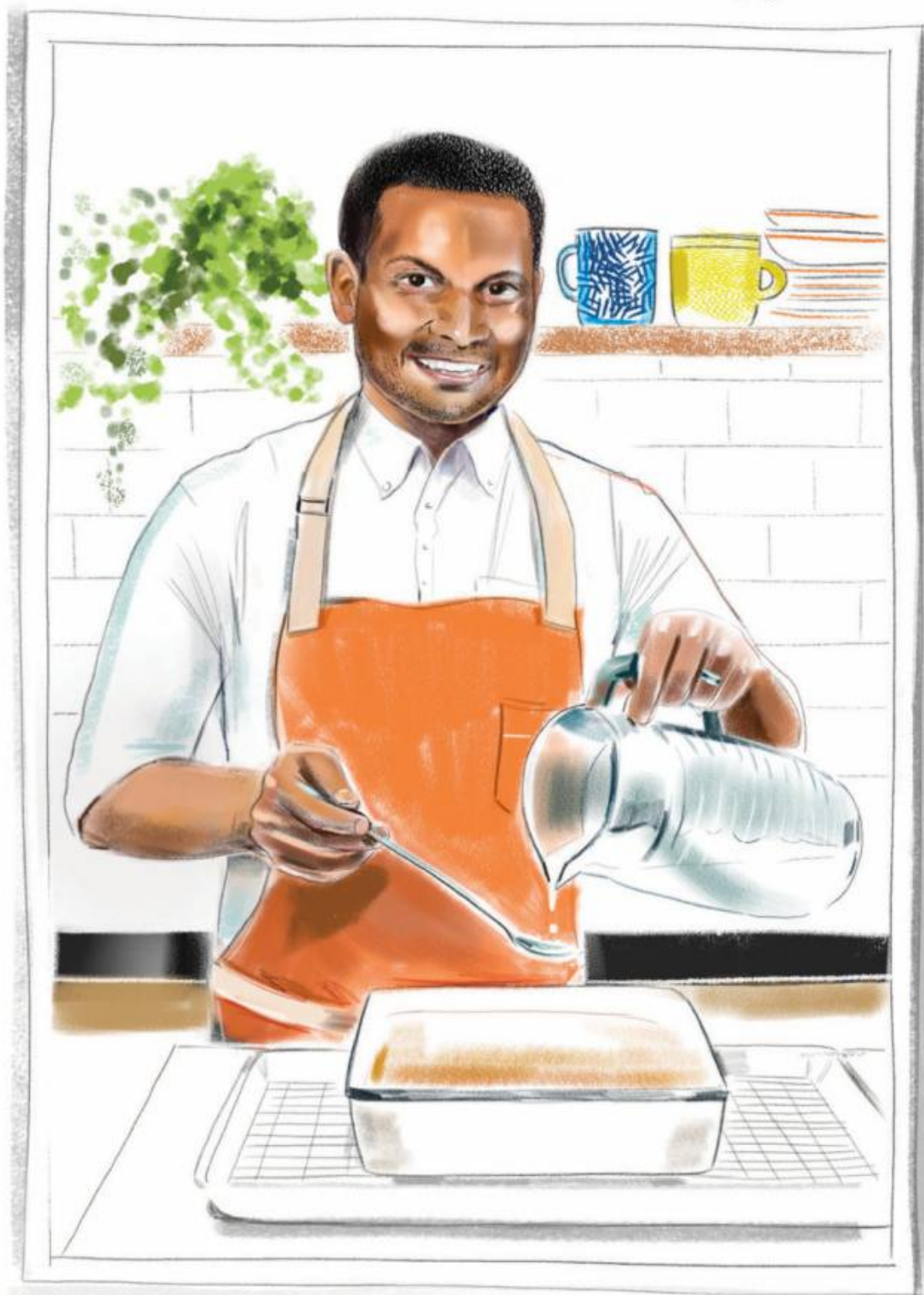


cheers to spring

"This Lemon & Lime Mintade is an ode to citrus and spring." Make a citrus-mint simple syrup. (Boil 1 cup each sugar and water until dissolved. Stir in the zest of 2 lemons and 2 limes and a handful of crushed mint. Cover and let cool.) Strain, then add ½ cup each fresh lemon juice and lime juice. Serve ½ cup of the syrup over ice topped with ½ cup chilled club soda.

[FAVORITE BOOKSTORE]

"Now Serving LA (nowservingla.com) has an amazing collection of old and new cookbooks, plus special kitchen tools for home chefs."



NIK SHARMA

TEACHING HOME COOKS TO EMBRACE THE SCIENCE BEHIND RECIPES TO CREATE THOUGHTFUL, FLAVORFUL DISHES.

Nik caught our attention with *A Brown Table*, his blog chronicling his journey from Mumbai, India, to California through recipes. We became full-on admirers after reading his first award-winning cookbook, *Season*. The molecular biologist-turned-food writer shares his equation for great flavor and his favorite finds.



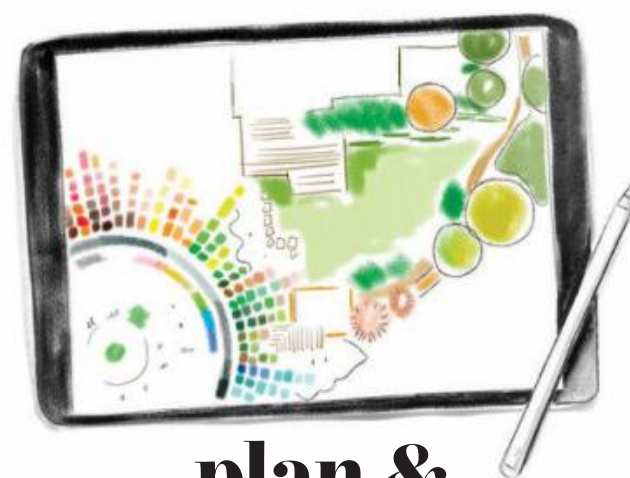
flavor makers

"Flavor is more than a distinctive taste or smell. It involves our emotions and sometimes memories intertwined with our sense of the sounds, colors, shapes, and textures of our food."



best-loved ingredient

"Tamarind adds sourness to both sweet and savory dishes. I use it in chutney as well as creamy coconut fish stew." (Turn to Worcestershire sauce for tamarind's tang.)



plan & sketch app

"I first used the Concepts app to draw and share infographs for my book. Now I'm using it to plan my new garden. It's super-easy and intuitive." Available for iPad, Windows, Android, and ChromeOS (concepts.app). ■

"The best recipes help you to understand why certain ingredients work together and how to fix failures along the way."

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